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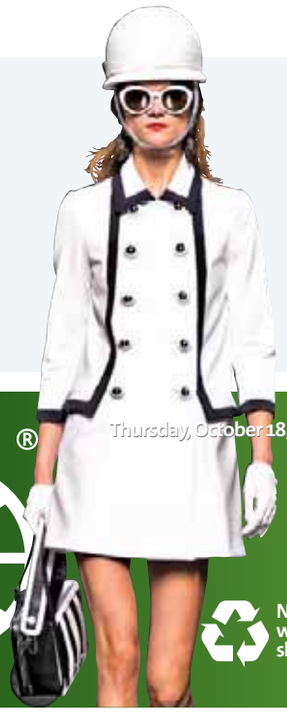
TAKE A LOOK AT WHAT TWO RETAIL BUYERS SEE AS SENSATIONS FOR SPRING/SUMMER 2013 PAGE 29



VANCOUVER metro®
Thursday, October 18, 2012
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The Church At The Hollywood is just one of many unique worship venues popping up around the city.
SHARON BARNES/CONTRIBUTED

Church a hit at box office

Hollywood. Former theatre on West Broadway enjoys revival as home to Sunday service

The red seats still creak, the lobby still smells of popcorn, and the neon sign out front still burns bright. But something has changed at the 76-year-old Hollywood theatre on West Broadway: for the first time in years, it's packed.

Eighteen months after dwindling ticket sales forced it to closed its doors, a new church — aptly called Church At The Hollywood — now fills about two-thirds of the 500-seat theatre every Sunday.

After joining congregations over the summer, the U Town and the Point Grey Community Church saw a spike in membership. So much so, their old location at 7th and Collingwood couldn't handle the volume of worshippers.

A search for new digs led them to the old cinema, and the Church At The Hollywood was born.

Hollywood's story certainly isn't the norm.

About 21 per cent of Canadians report going to church once a week, while one in three say they never attend a religious service. Compare that to just 20 ago, when a third of Canadians attended church once a week and only 22 per cent said they never went to church.

Sarah Kift, Hollywood spokesperson, said it could be her church's unconventional preaching style — you know, like holding sermons in a movie theatre — that's helping it to buck the trend.

"Maybe people find it easier to walk into a theatre than a traditional church," she said.

Just ask Rev. Simon Neill, lead pastor at Immanuel, an Anglican church that has taken up residence in the Rio theatre on East Broadway. He said the Immanuel's offbeat location offers a non-threatening atmosphere to members who aren't used to worshipping at a church.

Immanuel is just one of a number of Vancouver churches using café-style sermons, live bands, meditation, apps, ESL classes, Facebook, podcasts and, of course, trendy locations to attract new members.

Westside Church, which holds Sunday Service at the Granville Island Stage, even has its own private social network called The City, which allows members stay up to date on all things Westside.

"The message stays exactly the same," says Neill about this new approach to preaching. "But the language we use needs to be appropriate. If we come to Vancouver, we speak Vancouver," which, he admitted, is "maybe a bit hipster or whatever."

At about 100 people, Immanuel's flock is still small, but Neill expects it to increase. How can it not, with a live band kicking off every Sunday sermon?

He said: "If any church moves to a theatre and starts playing cool music, they're going to grow."

ELIZABETH HAMES/FOR METRO

Showing faith

21

The percentage of Canadians who report going to church once a week.

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Is Clark extending olive branch to B.C. Teachers' Federation?

Long-term labour peace. Premier's talk of 10-year contract mystifies BCTF president

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Premier Christy Clark is hoping that a review of the bargaining process with B.C.'s teachers could lead to long-term labour peace and possibly a 10-year contract.

Clark announced Wednesday that Education Minister Don McRae will be reviewing reports and heading up consultations with the British Columbia Teachers' Federation (BCTF) and other education partners in the hopes of improving the sour relationship between the union and government.

"Imagine, a child in Grade 2 ... could go all the way to Grade 12 without any threat of a labour disruption," the premier told a news conference Wednesday. "Think of the impact on those kids' education if we could get a 10-year deal with teachers ... on families ... on teachers in classrooms.

"And what's stopping us from doing it differently? This is an ambitious goal, but I believe its achievable and we also know teachers want to get long-term labour peace as much as anybody else does."

McRae said he expects to begin consultations with the BCTF right away.

BCTF president Susan Lambert welcomed the review, but is concerned that the six-week time frame for consultations may not be enough for a complex bargaining issue and is unsure of the premier's comments about a 10-year deal.

"It seems to me that talk of a 10-year contract is putting the cart before the horse," Lambert said.

"The structure of bargaining really has nothing to do with the content of a deal that is put to the table, so I'm kind of mystified that there would be notion of a 10-year deal, but isn't that part of bargaining, not part of structure?"

BCTF's current contract with the government expires in June 2013, and bargaining for the next collective agreement starts in March.

Premier Christy Clark on Wednesday announces a review of the bargaining process that she hopes will produce long-term labour peace with B.C. public-school teachers. PHYLICIA TORREVILLAS/METRO

Shooting won't speed arming of B.C. border guards

United States border agents are seen at the closed U.S. crossing near Surrey on Tuesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Public Safety Minister Vic Toews says he's not interested in speeding up the arming of border guards, despite the shooting this week that sent a guard at a B.C. crossing to hospital.

The Canada Border Services Agency said in 2006 that it planned to arm its 4,800 guards within 10 years, and so far just under half have been trained.

But Toews says he's concerned that any effort to speed up that training might compromise safety.

"One thousand officers a year, given the expansion of the frontline officers that we've done, is remarkable good progress," Toews said Wednesday in Ottawa.

"I think it's prudent. I'd be very reluctant to tell the agency to speed that up if it meant compromising the security training."

Canadian border guard Lori Bowcock was shot Tuesday in her customs booth at the Douglas border crossing, also known as Peace Arch, south of Vancouver. She remained in hospital Wednesday in stable condition.

Police have said a man driving a white van with Washington state licence plates shot her and then killed himself.

The suspect was identified Wednesday afternoon by the BC Coroners Service as 32-year-old Andrew Michael Crews. The man had previously lived in Bremerton, Wash., and had reportedly moved to Seattle recently.

Police have not publicly speculated on a motive.

Bowcock had worked as a civilian dispatcher with the Ontario Provincial Police until this past spring. She started work at the B.C. border crossing three months ago.

THE CANADIAN PRESS

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Rift. Booted Tory member wants to debate Cummins

A dissident within British Columbia's fledgling Conservatives is calling for either a "truth and reconciliation committee" to repair the rifts within the party or a debate with leader John Cummins.

Allison Patton, who until this week was a constituency association president in Surrey, made the challenge after she received a letter from party president Al Siebring kicking her out of the Conservatives.

John Cummins
METRO FILE

Patton was among 15 party members who were sent letters of reprimand or expulsion for publicly calling on Cummins to resign.

She has issued a statement claiming she doesn't know why she's been labelled a dissident and expelled. THE CANDIAN PRESS

Diverting waste. Vancouver compost plan in place

The city aiming to be the world's greenest by 2020 is just catching up to other major North American cities when it comes to one environmentally significant area: Composting.

Vancouver city councillors agreed Wednesday to begin a city-wide food-scrap-recycling program that would have all homeowners, renters, condo-dwellers and businesses compost their organic waste by the end of 2013.

It's a move that will divert 40 per cent, or 25,000 tonnes, of waste from the landfill annually, said Mayor Gregor Robertson in a Wednesday news release.

Other North American cities like Seattle, Toronto, Halifax, even Whitehorse already offer residents curbside recycling.

Albert Shamess, director of waste management and resource recovery, estimates the food-scrap-recycling project, once in full swing, will cost the city about $28 per household per year.

ELIZABETH HAMES/FOR METRO

The media coverage surrounding B.C. teen Amanda Todd's death can help open up important conversations about suicide, says a psychologist with the Crisis Intervention and Suicide Prevention Centre of B.C. METRO FILE

A game for keeps

Habitat protection. Indie game developer gives cash donation, will provide social-media support for Ancient Forest Alliance

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Ancient Forest Alliance executive director Ken Wu, left, and East Side Games CEO Jason Bailey are working together to protect B.C.'s bald-eagle habitat.
PHYLICI`A TORREVILLAS/METRO

A Vancouver-based game developer has joined forces with an environmental group to make sure it's not game over for B.C.'s old-growth forests and bald-eagle habitat.

East Side Games CEO Jason Bailey announced Wednesday that the company has given a "significant" cash donation and will provide social-media support for the Ancient Forest Alliance (AFA).

The social- and mobile-gaming company, which was founded in July 2011 and has one million fans on Facebook, is Canada's largest independent game developer.

In the past year, Bailey said, more than seven million people have played their games.

AFA is trying to save a 50-hectare old-growth forest at Echo Lake, east of Mission, that is home to hundreds of roosting eagles.

He said even though they do not have plans to specifically build a themed game around Echo Lake, they are integrating parts of the campaign into their games.

"There is a plan … to take one of the trees or an eagle character and put it directly into the games … and make it one of the awesome items in the game that you really want to have, which will increase awareness of this campaign," Bailey added.

AFA's executive director Ken Wu said Echo Lake is one of the last lowland old-growth forests remaining in the entire Lower Mainland.

The B.C. government's newly proposed old-growth management area, Wu said, would protect a portion of Echo Lake, but would exclude areas containing some of the lake's old-growth trees.

A 60-day public review into the proposed management plan ends Nov. 5.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Expert says copycat effect in Amanda Todd case can be mitigated by protective factors

A psychologist with the Crisis Intervention and Suicide Prevention Centre of B.C. says she is pleased with the way the media have reported the suicide of Amanda Todd, despite the risk of copycats.

Distress-services training director Akhila Blaise says the copycat effect happens when people emulate the actions of a person who has been in the news because of a suicide. Research shows that high-profile stories about suicide can be correlated with a subsequent spike in suicides.

"Historically, it's about how the media depicts it, how the information is put out there to the community," Blaise said. "If the news is sensationalized, if the reporting is not moderate enough, then there is a possibility of people thinking — especially people who are already at risk — to think about suicide as an option."

But recent research shows that the copycat effect can be mitigated by "protective factors," such as an at-risk person's family, friends and other support systems, and a sense of meaning or purpose in life.

In Todd's case, Blaise said the local media has done a "fairly good" job of providing multiple expert perspectives and, most of all, opening up an important conversation.

"It's all about being comfortable around the topic of suicide, so that people can check in with each other, look at warning signs, to be able to ask the suicide question if need be. So in that sense, breaking the taboo and stigma, this is an opportunity for that."

Anyone who is in crisis or needs information about suicide prevention can call the crisis centre at 1-800-SUICIDE. KATE WEBB/METRO

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Transit. Audit's proposed budget tweaks will worsen service: Unions

Several transit unions are panning a provincial audit of Metro Vancouver's transportation authority that has identified $41 million more in potential annual savings.

B.C. Transportation Minister Mary Polak released the TransLink audit Tuesday saying the additional cash boosts savings to $139 million per year, but said that's still not enough to meet future expansion needs.

Officials with TransLink's two largest unions say none of its members were consulted for the audit and argue the proposed savings will only lead to worse bus, SkyTrain and SeaBus service. Canadian Auto Workers Local 111 president Don MacLeod, who represents more than 3,500 transit operators, contends the audit's recommendations will mean fewer buses running on fewer routes.

The regional transit authority has been developing a 30-year transportation strategy and its officials and local mayors are still determining how to pay for it. THE CANADIAN PRESS

Class action

B.C. cases mark latest lawsuits in beef recall

Two lawsuits, including a class-action, have been filed in British Columbia related to the XL Foods beef recall.

The statements of claim in B.C. Supreme Court are the latest legal actions targeting XL Foods and a recall that has grown to include 1,800 products at 33 retail chains across Canada.

Vancouver resident Erin Thornton has filed a statement of claim in B.C. Supreme Court proposing a class-action lawsuit for people who fell ill from E. coli, and those who had to throw out recalled beef. THE CANADIAN PRESS

Funds. Former legislature clerk will donate contract dollars to library

B.C.'s retired legislature clerk plans to donate the $500,000 he receives in a controversial post-retirement consulting contract to the legislature's library when he dies.

George MacMinn, 82, said he will include instructions in his will that ensure the library receives the money — minus the income tax he pays.

Opposition New Democrat committee member John Horgan said last August the contract with MacMinn was unnecessary. "When people retire they get a gold watch and they move away. They don't get a two-year contract," he said.

THE CANADIAN PRESS

It's all about We Day

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Messages varying from overcoming adversity and bullying to peace and teamwork will resonate in the ears of thousands of youth at We Day Vancouver Thursday at the Rogers Arena.

We Day, created by Free The Children founders Marc and Craig Kielburger, aims to empower young people to take action.

Past speakers and performers in Vancouver have included the Dalai Lama and former U.S. vice-president Al Gore as well as the Barenaked Ladies and Hedley.

James Lombardi — who is the director of We Day — tells us a bit more about five speakers who will take centre stage in front of 18,000 youth at this year's event.

Demi Lovato, singer-songwriter and X Factor judge CONTRIBUTED

"She's going to be singing a song. She will also be sharing a message about bullying and her own struggle with depression and self-confidence. With the Amanda Todd tragedy, we see it as a timely message to be shared."

Magic Johnson, Basketball Hall of Fame legend CONTRIBUTED

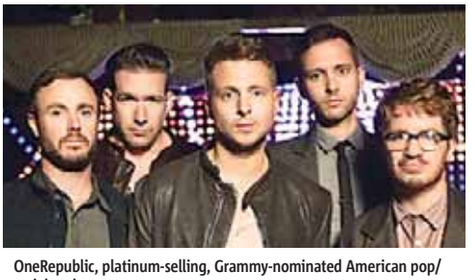
"This will be his second time on the We Day stage. He shares this really incredible message about overcoming adversity, as he did when he was diagnosed with HIV, and the importance of teamwork — how important it is that we treat each other well and with respect and work together to advance our goals and turn the world into a positive place."

Archbishop Desmond Tutu, Nobel Peace laureate CONTRIBUTED

"He's been a longtime friend of Craig and Marc Kielburger and of Free the Children. He's going to be sharing his message about peace, respect, the dignity of the human person, and how we should really approach larger conflicts of the world because he's experienced them firsthand."

Dr. Holly Branson, Free The Children ambassador and daughter of Sir Richard Branson CONTRIBUTED

"She's an absolute champion of Free the Children. She's actually taken up the cause for us in the United Kingdom. Holly is also delivering a special announcement about the future of We Day."



OneRepublic, platinum-selling, Grammy-nominated American pop/rock band CONTRIBUTED

"They're going to be starting off the show. They're going to bring an incredible energy as well as a great message. They'll also close the show, and their final song will be Good Life, and that's certainly what we're aspiring towards with We Day."

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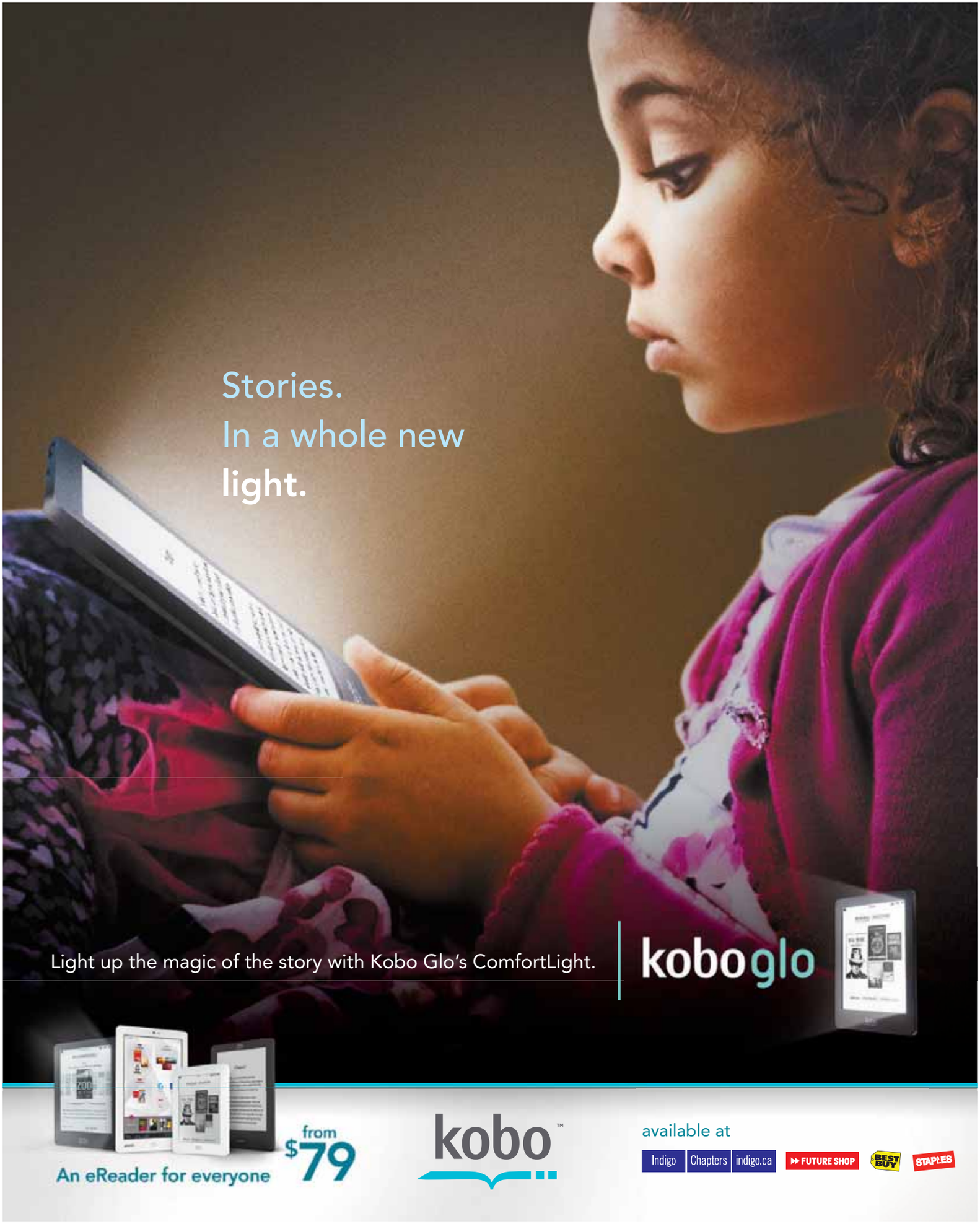
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KATE WEBB/METRO
kate.webb@metronews.ca

5 Halloween parties you don't want to miss

1 Halloween Costume Ball

CONTRIBUTED/DAVIS CHU

Where: Telus World of Science
When: Sat., Oct. 27, 9 p.m. to 2 a.m.
Tickets: Start at $65
Crowd: Multicultural, 20s and 30s
Music: Top 40, house, hip hop
The vibe: The city's longest-running licensed Halloween bash. Science World will be lit up like a jack-o'-lantern as guests mingle at five bars and eight DJs spin tunes. More than 700 tickets have been sold.
Info: twisted.ca/costumeball

2 Zombie Thriller Vancouver

CONTRIBUTED

Where: TBA. RSVP on Facebook for details.
When: Sat., Oct. 27, 4 p.m. (makeup 12 to 3:30 p.m.)
Cost: $2 to $5. Zombie makeup menu $15 to $45
Crowd: Zombies of all ages
The vibe: Michael Jackson meets the living dead at this annual flashmob. Later, get down to top 40, hip hop and house at the Halloween Thrilla Party at the Chinese Cultural Centre (tickets $40 at clubzone.com).
Info: Search "Thrill Vancouver 2012!" on Facebook.

3 Parade of Lost Souls

CONTRIBUTED

Where: East Vancouver.
When: Sat., Oct. 27. Walk: 5:30 to 9:30 p.m. Party: 9 p.m. to 2 a.m.
Cost: $5 donation for walk, party $25
Crowd: Family-friendly at the walk, 19 and over at the party
The vibe: Several blocks of East Vancouver alleys are transformed with lights, performers and spooky art installations. The party is usually a sellout.
Info: publicdreams.org

4 In the House Festival

COURTESY OF STARSHA BATTRICK

Where: Secret location revealed with ticket purchase
When: Oct. 27 to 31, 6:30 to 11 p.m.
Cost: $35 adults/$30 students
Crowd: Classical studies geeks (show rated 14A)
The vibe: This four-day extravaganza of one-hour theatrical shows in a mystery haunted house is selling like mad. The House of Forsaken Gods features the torrid and terrifying lives of the gods and monsters of mythology.
Info: inthehousefestival.com

5 Dooms Night

CONTRIBUTED

Where: Pacific Coliseum
When: Sat., Oct. 27, 10 p.m. to 8 a.m.
Tickets: $100
Crowd: Red Bull lovers of all ages
Music: Ferry Corsten, Coone, Bassjackers, Psyko Punkz, DJ Shogun, and 30 others
The vibe: The only all-night Halloween party in Vancouver this year. More than 4,500 are expected to fill the Pacific Coliseum. Surround sound will have you dancing till dawn, as long as you don't get eaten by vampires and zombies.
Info: clubzone.com

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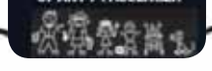

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Multivitamins spring a cancer surprise

Multivitamins modestly lowered the cancer risk in a group of doctors who took them for more than a decade, a new study says. THE ASSOCIATED PRESS

Risk cut by 8 per cent. But is popping these pills as effective as good diet and exercise? Experts say another study needed

Are multivitamins a perfect prescription for good health?

They modestly lowered the risk of cancer in healthy male doctors who took them for more than a decade, a study has found.

The result is a surprise — many studies of individual vitamins have found they don't help prevent chronic diseases and some have even caused problems.

In the new study, multivitamins cut the chance of developing cancer by eight per cent.

That is less effective than a good diet, exercise and not smoking — each of which can lower cancer risk by 20 to 30 per cent, cancer experts say.

Multivitamins also may have different results in women, younger men or people less healthy than those in this study.

About one-third of U.S. adults and as many as half of those over 50 take them. They are marketed as a kind of insurance policy against bad eating.

Experts said the results need to be confirmed by another study before recommending multivitamins to the public.

THE ASSOCIATED PRESS

Quoted

"I'm not sure it's significant enough to recommend to anyone."

Dr. Ernest Hawk, University of Texas cancer-prevention expert, on his doubts about the importance of the findings

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Study

Men better at blood pressure control

Older women in Canada are less successful than older men at controlling high blood pressure, a new study suggests.

And the researchers don't know why. One, Dr. Norm Campbell, said the hypertension finding is "a head-scratcher."

"I was shocked when I saw that data. I would have predicted that men would have been more uncontrolled than women," said Campbell, professor of medicine at the University of Calgary.

Researchers said the findings suggest that there may be some biological difference at play and that older women may need more medication.

THE CANADIAN PRESS

Stork rides the rails

Baby born on a subway train

It was definitely an unusual arrival on a Philadelphia subway line.

Police say a woman riding the Broad Street line told officers she gave birth aboard a train Tuesday afternoon.

Transit police officer Loyd Rodgers and his partner gave the stork a helping hand after the woman approached them at the Olney station. Nestled in her clothing was her baby boy, umbilical cord still attached.

Rodgers wrapped the newborn in a blanket and called for medics.

All activity in the busy station halted as riders snapped pictures.

Mom and her baby are doing fine at a hospital.

THE ASSOCIATED PRESS

Ink stinks. Scotland Yard officers get the order: No visible tattoos, please

The full force of the law has come down on ... tattoos.

Scotland Yard has banned its officers from sporting visible tattoos.

The Yard says it damages the professional image of Britain's top police force.

The force said Wednesday the Metropolitan Police will no longer permit tattoos on the face or hands or any that appear above the collar line.

It said all other tattoos must be covered.

The Yard said officers who already have visible tattoos will be required to "register" them in writing to their managers by Nov. 12 or face disciplinary actions for gross misconduct.

The force previously had prohibited tattoos deemed offensive to religion or beliefs or that could be construed as violent or intimidating.

THE ASSOCIATED PRESS

Too much? Certainly for Scotland Yard. CHRISTOPHER FURLONG/GETTY IMAGES

Evacuated. U.S. Embassy in Stockholm receives unknown powder in mail

The U.S. Embassy in Stockholm was evacuated Wednesday after receiving a letter containing an unknown substance, police said.

Bomb-disposal experts were sent to the embassy to remove the letter and analyze its contents. Streets around the embassy were closed but reopened after police had removed the letter.

Police declined to give details on the content, but spokesman Daniel Granstrom told Swedish tabloid Expressen it contained some kind of "powder." Asked if the substance was dangerous, he said "it may have been dangerous, but it's not dangerous now."

An embassy spokesman said the embassy was evacuated and that officials were investigating "a possible security incident."

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Swedish police and emergency workers arrive at the U.S. Embassy in Stockholm on Wednesday to investigate a suspicious package.

CLAUDIO BRESCIANI/THE ASSOCIATED PRESS

Kremlin probe of leftist chief a sign of crackdown

Russian propaganda?
Political activist, who has led several anti-Putin protests, denies charges stemming from Kremlin-friendly documentary

In a new sign of a widening Kremlin crackdown on the opposition, investigators on Wednesday opened a criminal probe against leftist leader Sergei Udaltsov and several other activists for allegedly planning mass riots.

Russia's top investigative agency said it also will investigate claims made in a recent documentary aired by a Kremlin-friendly TV channel that opposition leaders worked with Georgian officials to prepare terrorist attacks across Russia.

Udaltsov, 35, a leather-clad, shaven-headed leader of the Left Front opposition movement, has denied the charges stemming from the documentary, which he said was a sham.

The agency did not say whether Udaltsov and others had actually carried out any of their alleged plans.

The criminal case comes as the opposition is bracing for an online election of its co-ordination council this weekend. Udaltsov is running.

Udaltsov, who wore a Stalin T-shirt for his wedding, has led anti-Putin protests for several years, focusing on unsanctioned marches and rallies.

A great-grandson of a Bolshevik revolutionary, he has been arrested more than 100 times during his political career and spent months in prison. He has launched many hunger strikes while in custody.

The documentary aired last week on NTV, a channel seen as a propaganda arm of the Kremlin, showed what it says was footage of the Left Front leader meeting with officials from neighbouring Georgia to discuss raising funds for protests against President Vladimir Putin, and plans for organizing mass riots.

Investigators, backed by armed men wearing ski masks, searched Udaltsov's apartment in south Moscow for more than five hours on Wednesday. The home of his parents was also searched, said Violetta Volkova, Udaltsov's lawyer.

"I'm going to hold on until the end, and I won't be quiet," Udaltsov said as he left his home for questioning escorted by masked armed police. "It's a wave of new repression."

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Russian opposition leader Sergei Udaltsov is escorted by police officers for questioning in Moscow, Wednesday. In a new sign of a widening crackdown on Russia's opposition, investigators opened a criminal probe against the leftist leader and several other activists for allegedly plotting mass riots.

MIKHAIL METZEL/THE ASSOCIATED PRESS

XL takeover restores joy to Alta. city in turmoil

Beef-recall aftermath. 'That's positive news,' says elated mayor of Brooks, whose hopes are high for plant's laid-off workers

Weeks of worry and uncertainty in a southern Alberta community hit by the XL scandal turned in a single moment to a wave of optimism.

It came with word that a U.S. company is taking over the plant at the heart of the recent beef recall.

JBS USA, a subsidiary of Brazilian-based JBS S.A., surprised almost everyone Wednesday with a late-afternoon news release announcing it has assumed management of XL Foods in Brooks, Alta.

From its headquarters in Greeley, Colo., JBS said it has an exclusive option to buy the Canadian and U.S. operations of the company.

"We believe our experienced team will prove an invaluable asset in the management of XL Lakeside and we look forward to exploring our options to purchase XL assets in the near future," said Bill Rupp, president and chief operating officer of JBS USA.

It was an unexpected development in a dramatic saga that began last month when the Brooks plant — one of Canada's largest beef processors — was closed over E. coli contamination.

Wednesday, Brooks Mayor Martin Shields said the community has been in turmoil over the troubles at XL Foods. By suppertime, he was elated.

"That's positive news," he said. "This means the plant is going to be back in operation."

The 2,200 people who work at XL were laid off last week.

About 800 were recalled temporarily Tuesday to finish processing beef carcasses as part of a Canadian Food Inspection Agency assessment of the plant.

Union local president Doug O'Halloran was tempered in his enthusiasm for the JBS announcement, but said it was good news.

THE CANADIAN PRESS

Taking a trip to court

Two lawsuits, including a class action, have been filed in British Columbia related to the XL Foods beef recall.

- **One.** Vancouver resident Erin Thornton has filed a statement of claim in B.C. Supreme Court proposing a class-action lawsuit for people who fell ill from E. coli and those who had to throw out recalled beef.
- **Two.** A lawsuit was filed on behalf of 15-year-old Cody Farmer from Nanaimo, who allegedly required surgery after he was exposed to E. coli.

For a young suspected crack addict, help is at hand

Is he ashamed or just trying to hide his identity? This young suspected crack user is escorted by a welfare worker to a van that will take him to a shelter near the Parque Uniao slum in Rio de Janeiro on Wednesday. Health officials are locating hundreds of crack addicts suddenly left without drugs after police occupied the city's dangerous slums this week. FELIPE DANA/THE ASSOCIATED PRESS

Baby blues. Childless couples seek docs' help

Almost one in seven Canadian couples trying to have a child seeks medical help to conceive, including using in-vitro fertilization, says a Statistics Canada report released Wednesday.

Age was a big factor: Data show couples in which the woman was aged 35 to 44 were two to three times more likely to seek help than were couples in which the woman was 25 to 29.

The survey also found childless couples were four to five times more likely to seek medical assistance than were those with at least one child.

More couples are delaying childbirth. Since 1984, the percentage of first-born children with mothers aged 35 or older has tripled to 11 per cent, the report says.

THE CANADIAN PRESS

Some hangover! 50-day binge sparks alleged flap

A Ukrainian man, hung over from a 50-day drinking binge, sparked an uproar on a Delta Air Lines flight and had to be wrestled to the floor by passengers, it's alleged.

Anatoliy N. Baranovich, 46, woke up during the plane's descent to Salt Lake City, started yelling in Russian and tried to open the rear exit door, damaging the plane's fuselage, a criminal complaint says.

According to the document filed in court, Baranovich had been visiting family in the Ukraine for several weeks in an attempt to begin construction on a house.

Unsuccessful, he instead got drunk for the entire 50 days and "never sobered up."

A detention hearing has been scheduled for Friday.

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Port Moody
iBay Communications Inc:
2929 St. John St, Unit 2

Richmond
Cellular Baby: Richmond Centre

West Vancouver
Cellular Baby: Park Royal South

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Kingdom Photo: 3263 West Broadway
Mobilicity: 3081 Main St
Deltastyle: 1523 West Broadway
Green Cartridge: 740 East Broadway
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1191 Robson St
665 Robson St
Konbiniya Japanese Market: 1238 Robson St
Cellular Baby: 1160 Davie St, Unit 120

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Texas attorney general cheering for Bible verses

Church and gridiron.
State's top lawyer intervenes in lawsuit to allow cheerleaders to wave banners bearing Christian phrases at high school football games

Texas Attorney General Greg Abbott said Wednesday he will defend high school cheerleaders who want to use Bible verses on banners at football games.

Abbott has filed court papers to intervene in a lawsuit that cheerleaders at Kountze High School filed against the school district, complaining that a new policy violated their freedom of speech.

In September, district officials told the cheerleaders to stop using Bible verses at football games after the Freedom From Religion Foundation complained.

The atheist group argued that using banners with phrases such as, "I can do all things through Christ that strengthens me," violates the First Amendment prohibition on the government establishing a religion.

After the school told the cheerleaders they could no longer use Bible verses, they filed suit in Hardin County district court. State District Judge Steve Thomas put a hold on the new school policy while he considered the arguments, and the cheerleaders continued to make the banners. He is expected to rule Thursday.

"This is student-led expression, and that's perfectly constitutional," Abbott said. "We will not allow atheist groups from outside the state of Texas to come into the state to use menacing and misleading and intimidating tactics to try to bully schools to bow down to the altar of secular beliefs.

"If the majority of the cheerleaders were atheists, would a court support their 'right' to hold up a banner insulting Christianity or all believers?" the group said in court papers.

THE ASSOCIATED PRESS

Governor's on board

Joining Abbott at a press conference Wednesday, Gov. Rick Perry said he supported the cheerleaders and denounced the Freedom From Religion Foundation.

- "Anyone who is expressing their faith should be celebrated, from my perspective, in this day and age of instant gratification, this me-first culture that we see all too often," Perry said.

Greek soccer clubs attract colourful sponsors

Players on Voukefalas, a small amateur soccer club, warm up before a local championship match in the city of Larissa, central Greece, on Oct. 7. Players are wearing bright pink practice jerseys emblazoned with the logos of the Villa Erotica and Soula's House of History, a pair of bordellos recruited to sponsor the team after drastic government spending cuts left the country's sports organizations facing ruin. One team took on a deal with a local funeral home and others have wooed kebab shops, a jam factory and producers of feta cheese.

NIKOLAS GIAKOUMIDIS/THE ASSOCIATED PRESS

Man charged over dinosaur fossils

A Florida man was charged Wednesday with smuggling dinosaur fossils into the United States, including a nearly complete Tyrannosaurus Bataar skeleton from Mongolia, federal prosecutors said.

Eric Prokopi, a self-described "commercial paleontologist" who buys and sells whole and partial dinosaur skeletons, was arrested at his home in Gainesville, according to a complaint unsealed by prosecutors.

He was charged with smuggling goods into the U.S. and interstate sale and receipt of stolen goods.

He also faces one count of conspiracy to smuggle illegal goods, possess stolen property and make false statements.

If convicted on all of the charges, he could face up to 35 years in prison.

THE ASSOCIATED PRESS

CANADIANS ARE POLITICALLY SHY

RACHEL DÉCOSTE
For Metro
www.rachelD.ca

I'm a Canadian citizen, and have volunteered for the Liberals in Ontario and Quebec. But right now I'm in Michigan, as a volunteer working on U.S. President Barack Obama's re-election campaign.

One of the big differences between Canada and the U.S. is that Americans are not coy about which party they support. Canadians often feign being undecided when canvassers asks about their voting intentions; Americans will tell you point-blank, for example, that they are "not supporting a Muslim candidate who makes an assault on their religious rights." In fact, Canadians are so politically shy that it affects the pollsters, who actually have trouble predicting Canadian electoral results.

In Michigan, the people show their political colours quite vividly. So much so that in Detroit the Obama campaign long ago ran out of lawn signs. And in Toledo, Ohio, you can't get a lawn sign unless you actually donate your time to the campaign.

It's lucky that Americans are so engaged, because their voter registration process is time-consuming. The paperwork poses an obstacle to many would-be voters with low incomes. Thankfully, we Canadians haven't adopted this backwards bureaucratic burden that hinders participation in democracy.

Differences

"One of the big differences between Canada and the U.S. is that Americans are not coy about which party they support."

But most of all, as I work in the middle of American politics and I approach November 6, I find myself appreciating more and more our Canadian conception of health care, education and the social safety net at large. It differentiates us from our neighbours to the south. Thank goodness I am Canadian.

'Binders full of women' fails to pass truth test

Romney didn't ask for list. Names compiled by coalition of women's groups would have been handed to whoever won Mass. election in 2002

U.S. Republican presidential candidate and former Massachusetts Gov. Mitt Romney kisses a baby during a campaign stop at Tidewater Community College in Chesapeake, Va., Wednesday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Will "binders full of women" become legendary in American political folklore?

Democrats had their hopes up Wednesday following Mitt Romney's ham-fisted attempt to paint himself as an equal-opportunity employer during his second presidential debate against Barack Obama.

His poor choice of words set off a giddy eruption of social media mockery, lighting up Twitter and spawning a website, a Facebook page and even a song.

Democrats are hoping Romney's maladroit comment might damage his reputation among women, in particular. Female voters outnumber men in the U.S. and are playing a pivotal role in this year's campaign, with women's issues the focus of part of the debate on Tuesday.

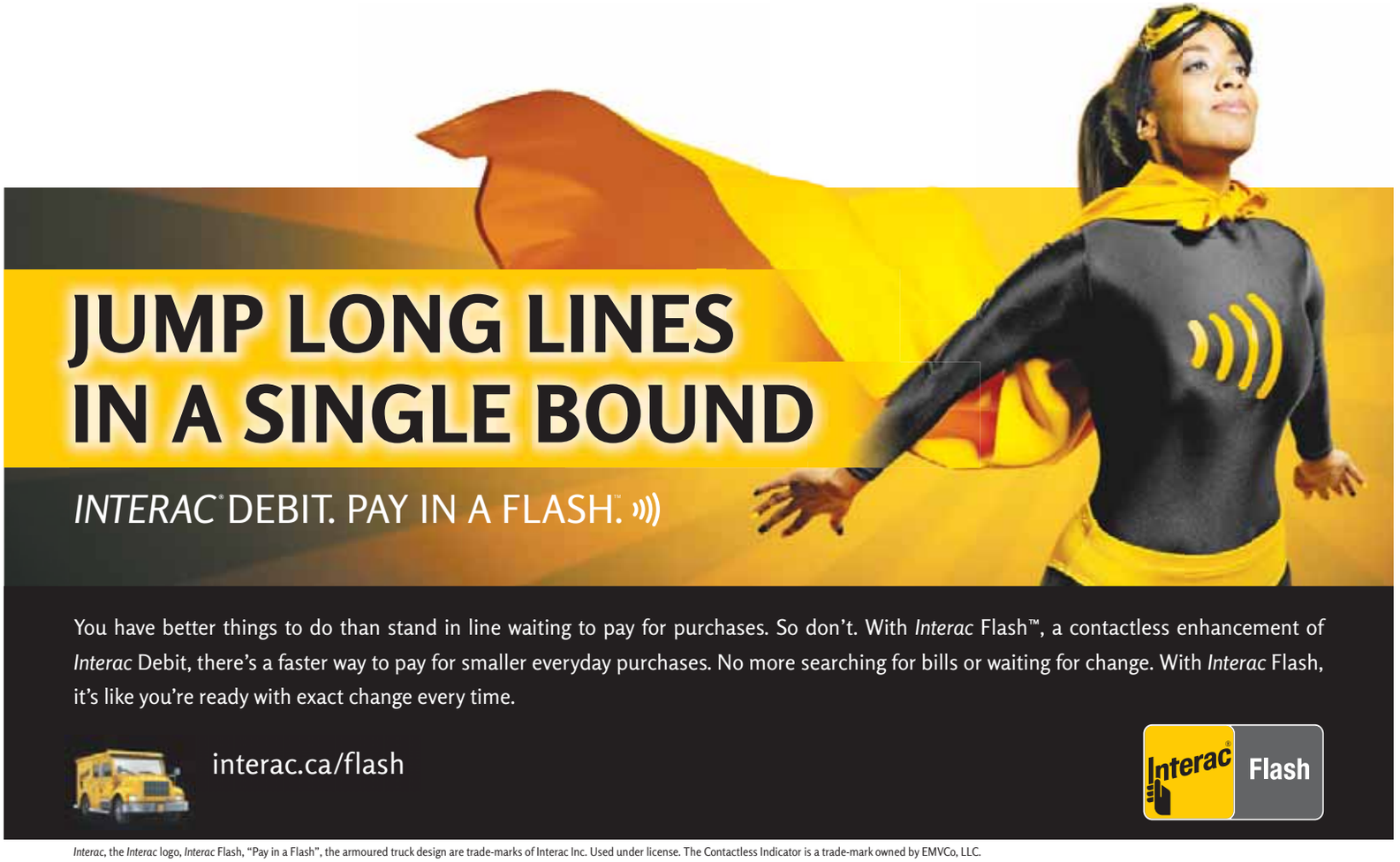
Paul Ryan, Romney's No. 2, tried to tamp down some of the ridicule on CBS News on Wednesday morning by lauding his running mate's commitment to women.

"He has an exceptional record of hiring women in very prominent positions."

Not true, apparently. By the end of Romney's term in Massachusetts, the number of women in high-ranking positions was slightly lower than it was before he took office. The women he did hire were mostly in junior cabinet positions.

There were also no female partners at Bain Capital when Romney headed the company in the 1980s and 1990s.

THE CANADIAN PRESS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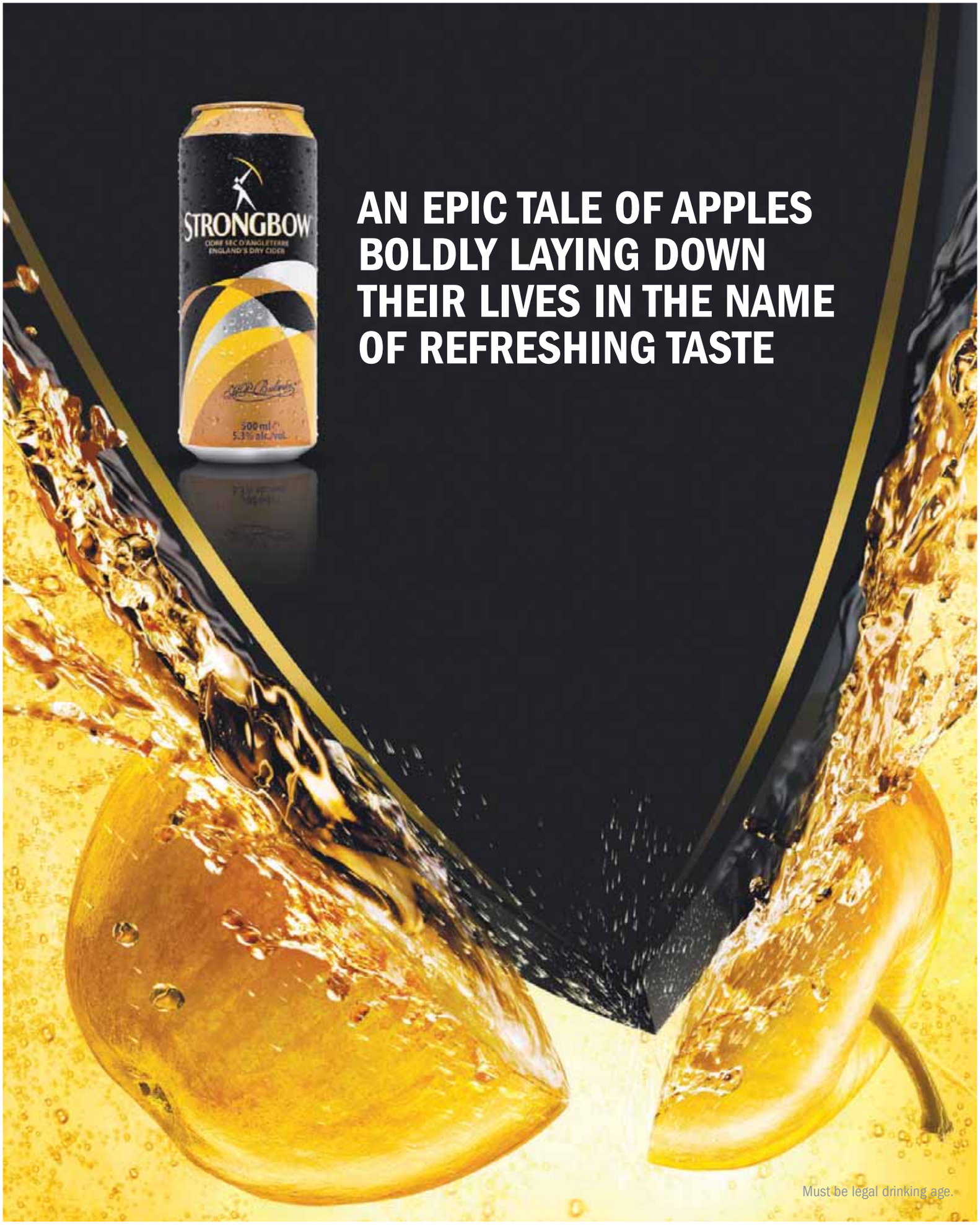
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Big Bird costume sales flying high after U.S. debates

How to get to Sesame Street. The giant yellow bird is set to be a popular Halloween costume after mentions at U.S. presidential debates

The Yellow One is flying off the shelves after Mitt Romney's threat to do away with government support for PBS. President Barack Obama kept the Halloween dream alive Tuesday night when be brought up the bird again during their second debate.

At six feet, Angela Betancourt volunteered for Big Bird duty among a group of friends riffing on Sesame Street for a couple of Halloween parties and a meander along Lincoln Road in Miami Beach. She'll likely carry a suitcase as she passes out the popular kid character's resumé.

Big Bird costumes are flying off the shelves after the U.S. debates. SCOTT SPELLMAN/THE ASSOCIATED PRESS

"I grew up on Sesame Street and I think that PBS deserves all the funds it can get," said Betancourt, 30. "We all feel the same way."

Halloweencostumes.com sold out of several takes on Big Bird almost overnight after Romney's remark during the first presidential debate Oct. 3, said a company spokesman, Marlon Heimerl.

"In the past this hasn't been a very popular costume, so when Big Bird flew the coop in such high numbers, it was definitely a big surprise," said Heimerl, who would not provide specific sales figures.

Disguise Inc., Sesame Workshop's official costume maker, said interest is up among the thousands of retailers it services.

And sellers of unlicensed Big Bird ensembles, especially sexed-up versions, beware.

"The only costumes authorized by Sesame Workshop are with our licensee, Disguise, and we are working with our legal team on having the others removed from the market," said a spokeswoman for Sesame Street. THE ASSOCIATED PRESS

Celebrating the harvest

A Japanese Miko shrine maiden attends a ceremony to present an offering of the first harvest of sacred rice during the Takara-No-Ichi ceremony at Sumiyoshi Shinto Shrine on Wednesday in Japan. BUDDHIKA WEERASINGHE/GETTY IMAGES

Politics. Nigerian first lady home after mystery illness kept her abroad

Nigerian first lady Patience Jonathan returned home Wednesday following a mystery illness that kept her abroad for weeks as the nation wondered about her health.

The state-run Nigerian Television Authority cut into its programming to show Jonathan waving from a presidential jet on the tarmac of Nnamdi Azikiwe International Airport in Abuja. Wearing a purple traditional dress, Jonathan slowly walked into a crowd of singers, drummers and supporters, surrounded by police officers.
THE ASSOCIATED PRESS

Nigerian first lady Patience Jonathan on Wednesday. THE ASSOCIATED PRESS

Communication

U.K. PM ducks text queries

British Prime Minister David Cameron is ducking new questions about text messages he traded with Rebekah Brooks, the former chief of News Corp.'s U.K. newspapers who faces charges linked to the country's phone-hacking scandal.

Opposition Labour Party lawmaker Chris Bryant demanded Wednesday to know whether some messages had been withheld from the country's judge-led inquiry into press standards because they were "too salacious."
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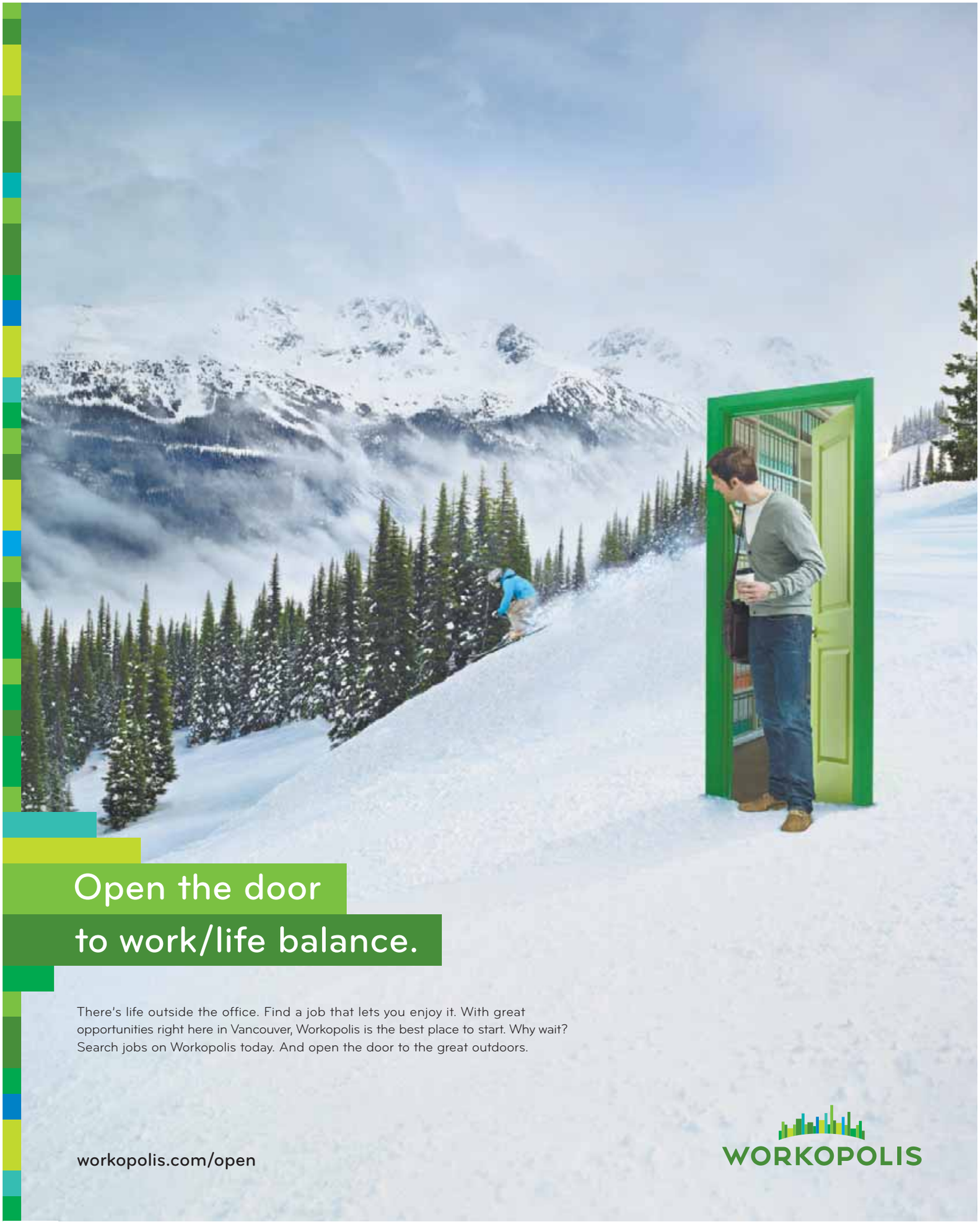
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Kiddie porn task force rescues child

Operation Snapshot. Police have already uncovered 'hundreds of thousands' of pornographic images

ROB BROWN
Metro in Regina

An interprovincial investigation team targeting online pedophiles rescued a Saskatoon child while working on 30 child-pornography cases.

Representatives from most of the 14 Canadian police operations that make up Operation Snapshot revealed details of their ongoing investigation on Wednesday at RCMP Saskatchewan division headquarters in Regina.

The operation spanned Alberta, Saskatchewan, Manitoba, Nunavut and the Northwest Territories.

"There were hundreds of thousands of images," said Det. Sgt. Darren Parisien, lead investigator with the Saskatoon police. He said most of the investigations involved some form of undercover work.

"They involved us going to places where people are sharing and creating child pornography," said Parisien.

Det. Sgt. Darren Parisien of Operation Snapshot, an anti-child porn police initiative. ROB BROWN/METRO IN REGINA

"We are undercover posing as children and posing as offenders. We go where kids go. That's where predators go."

Charges stemming from the investigations include sexual assault, indecent exposure, invitation to sexual touching, Internet luring, making child pornography, as well as accessing, possessing and distributing child pornography.

Parisien said one offender caught with a 14-year-old child in Saskatoon has already pleaded guilty to charges and is currently serving a 30-month sentence.

RCMP Insp. Pierre Leduc of the Canadian Centre for Missing and Exploited Children, said the operation's primary focus was to help children. "This sends a message to those at large today," said Leduc.

Parisien said that many of the images were of children under 12 and that he's seeing a much more horrifying trend in the photos.

"We're seeing infants and toddlers — children who can't speak yet," said Parisien. "Disturbing."

Parisien said while the images come from every corner of the world, it is mostly "homegrown" child pornography from North America.

Operation numbers

- **Police agencies involved:** 14
- **New investigations:** 30
- **Arrests to date:** 19
- **Devices seized:** More than 100 computers, 1,000 discs, 100,000s of images
- **Investigations:** Alberta — 9 Saskatchewan — 13 Manitoba — 7

U.S. Violent-crime rate up 18% over last year

The number of violent crimes unexpectedly rose by 18 per cent in the U.S. last year, the government said Wednesday, the first time that total has risen in nearly 20 years. Property crimes went up by 11 per cent, their first increase in a decade.

Academic experts cautioned that the new figures do not necessarily signal an end to the long era of declining crime.

The increase in violent crime was the result of an upward swing in assaults, which rose 22 per cent, from four million in 2010 to five million last year. The incidence of rape, sexual assault and robbery remained largely unchanged, as did serious violent crime involving weapons or injury.

Perspective

"2011 may be worse than 2010, but it was also the second best in recent history."

James Alan Fox, Northeastern University criminology professor

The U.S. Bureau of Justice Statistics said the percentage increases last year were so large primarily because the 2011 crime totals were compared to historically low levels of crime in 2010. Violent crime has fallen by 65 per cent since 1993, from 16.8 million to 5.8 million last year.

THE ASSOCIATED PRESS

An increase in violent crime was the result of an upward swing in assaults, which rose 22 per cent, from four million in 2010 to five million last year.
THE CANADIAN PRESS FILE

Mexico

DNA of drug lord's parents sought

Mexico's top anti-drug prosecutor says authorities are seeking permits to exhume the remains of the parents of deceased drug lord Heriberto Lazcano, to obtain material for DNA testing.

Testing is aimed at confirming that a body stolen from a funeral home on Oct. 8 was indeed Lazcano's. The navy says his body was identified through fingerprints after a shootout on Oct. 7. THE ASSOCIATED PRESS

Cyber-security

Feds worried over possible threats

The federal government is concerned about its own cyber-security, but the public safety minister refused to say Wednesday where the potential threats are coming from. While the U.S. and other countries have publicly called out Chinese-owned firms as being among the dangers, Vic Toews said he sees no reason to name names — at least right now.

THE CANADIAN PRESS

Serbia

Probe ordered into soccer chaos

Serbia's prime minister has ordered a police probe into the scuffle and allegations of racist abuse during a Serbia-England under-21 soccer match, but said it was too soon to say whether the claims of racism were true. England defender Danny Rose said he was racially abused throughout the match by the home crowd. THE ASSOCIATED PRESS

Missing girl escapes

Suspect arrested in kidnapping

Police say a 17-year-old girl who was kidnapped after she left a club in northern Germany and allegedly raped while in captivity has escaped. Officials said Wednesday they have arrested a 28-year-old suspect with a previous rape conviction. The girl was reported missing after she left a disco in the city. THE ASSOCIATED PRESS

Ontario

Ex-city councillor faces charges

An Ontario man involved in a 27-hour-long standoff with police is set to appear in court Thursday on charges related to an alleged armed kidnapping. Several media reports have identified the suspect as former Oshawa, Ont., city councillor Robert Lutczyk.
THE CANADIAN PRESS

Arming border guards

Toews won't pull the trigger

Public Safety Minister Vic Toews says he's not interested in speeding up the arming of border guards, despite the shooting Tuesday that sent a guard at a B.C. crossing to hospital. Toews says he's concerned that any effort to speed up training might compromise safety.
THE CANADIAN PRESS

Security in question after large art heist

Museum faces criticism. Police search for suspects after largest Dutch art theft in more than a decade

In Hollywood movies, heists usually feature criminals whose meticulous planning and high-tech equipment are used to avoid detection. But thieves who snatched seven paintings by Picasso, Matisse and Monet worth millions from a gallery in Rotterdam appear to have taken a less glamorous approach, relying mostly on speed and brute force.

In other words, the theft from the Kunsthal exhibition on avant-garde art was more "smash-and-grab" than Ocean's 11.

Dutch police said Wednesday they had no suspects in the case, the largest art heist in the country for more than a decade, though an appeal to witnesses had produced more than a dozen tips for investigators to follow up.

Museum director Emily Ansenk rejected criticism of the museum's safeguards. Speaking at a news conference Tuesday evening, she defended Kunsthal's security as "state of the art" and noted that insurance companies had agreed to insure the exhibition.

And yet the thieves got away.

The paintings they took are estimated to be worth roughly $100 million US if sold at auction.

The theft raises questions about whether security at the Kunsthal museum, which was designed by renowned Dutch architect Rem Koolhaas, was sufficient to protect paintings worth millions of dollars each. Experts said features of the building's design and location itself may have been what initially attracted criminals.

"Speaking as a museum-goer, it's fantastic," museum security expert Ton Cremers said. "Speaking as a security expert, it's a total nightmare."

The gallery is located aside a large road that leads to a roundabout, less than a mile away, linking to highways heading in three directions.

The display space where the paintings once hung is a large square area, at ground level, visible from outside through glass walls. The break-in occurred at around 3 a.m. local time Tuesday, police say, after someone triggered an alarm.

The paintings had been grabbed violently from the walls, leaving only white spaces and hanging wires dangling behind.
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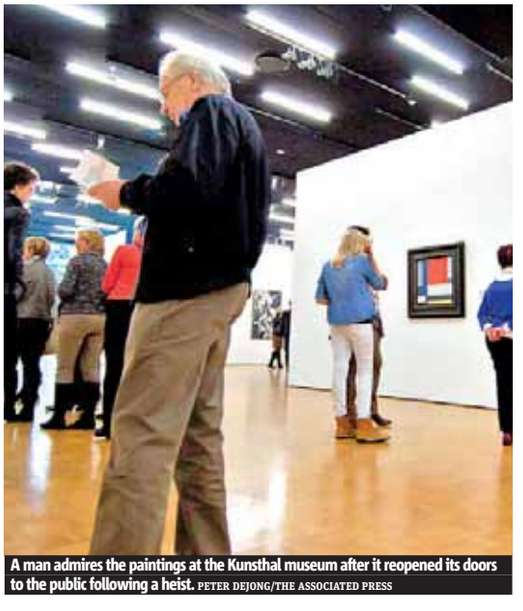

A man admires the paintings at the Kunsthal museum after it reopened its doors to the public following a heist. PETER DEJONG/THE ASSOCIATED PRESS

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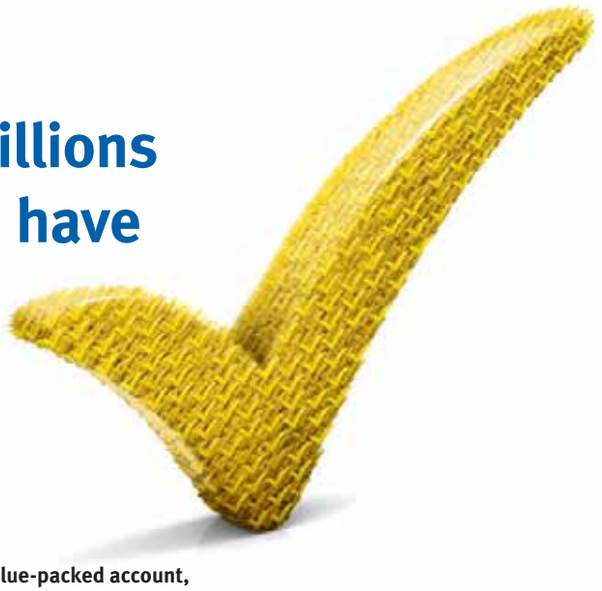

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Wonky weather devastates Europe's grape harvest

Wine industry. There 'will be many vintners in big difficulties,' says EU agriculture expert

Drought, frost and hail have combined to ravage Europe's wine-grape harvest, which in key regions this year will be the smallest in half a century, vintners say.

Thierry Coste, an expert with the European Union farmers' union, said Wednesday that France's grape harvest is expected to slump by almost 20 per cent compared with last year. Italy's grape crop showed a seven per cent drop — on top of a decline in 2011.

"Two big producing nations, France and Italy, have not known a harvest so weak in 40 to 50 years," Coste said. "All the major producing nations have been hurt."

France's Champagne and Burgundy regions were hard hit by weather conditions that particularly affected the prevalent Chardonnay grape, used to make the world's most famous sparkling wine and the luxurious whites from those regions.

In places where vintners were already facing a small margin of profit, many could be facing survival problems, said Coste of the Copa-Cogeca union.

"In certain regions, there will be many vintners in big difficulties because of the collapse of the harvest," he said.

Drought hit the Mediterranean rim hard this year, Coste said. "First and foremost, climate change or not, we see that we have ever more dry spells," he said. Making matters worse is that even winter was dry this time. "It was almost zero (degrees Celsius) in the south."

In the northern wine regions, it was the inverse, with cold and wet weather wreaking havoc. Hail in particular hurt the crops.

Coste said there may be an upside to the bad harvest — it is not a bitter one when it comes to taste. The quality of the wine produced will be good as it is expected to be more concentrated.

THE ASSOCIATED PRESS

Global impact

- The European wine harvest automatically has a global impact since it accounts for some 62 per cent of the worldwide wine production.
- About 2.5 million families live off the wine sector in Europe, making the dependency on the vagaries of weather a sometimes cruel business.

P.E.I. entrepreneurs remember slain men

The Stay Golden Apparel business team, from left, Alex Khan, Devin MacGregor and Coltin Handrahan, designed and sold custom T-shirts this summer to raise funds for a memorial scholarship in honour of Tanner Craswell and Mitch MacLean that will be awarded at Colonel Gray High School in Charlottetown. MacLean, from Cornwall, Ont., and Craswell, from Charlottetown, were shot and killed in December 2011 on the side of a road near Claresholm, Alta. The two had moved to Alberta to play baseball. CONTRIBUTED/THE CANADIAN PRESS

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Digital camera's 'living pictures' can be refocused at any time

Its makers say it represents "the first major shift in photography since the invention of photography." But a skeptic might say it just sounds a little gimmicky.

It's called Lytro, a boxy digital camera that takes so-called "living pictures." Basically, photos can be refocused at any time after they're taken, so something in the foreground can be made sharp with the background blurred, or vice versa. Interactive Lytro photos can be shared online for friends and family to interact with.

The effect is possible because the Lytro is a light-field camera, explains director of photography Eric Cheng. "The light field is defined as all of the light travelling in every direction at every point in space — and the key component there is direction," Cheng says.

"Light field is what travels through a traditional camera but (the camera) throws away most of the information; you have a bunch of different light rays hitting one point and they all get averaged into a colour. But if it were possible to separate those light rays out, the data you'd be capturing would be this rich light-field data they've been talking about in computer-graphics theory for decades."

Many tech and photography enthusiasts rushed out to buy one, but now the firm is trying to go after the mass market. Cheng concedes that the Lytro will be pushed as a second camera for consumers, not a replacement for low-end point-and-shoots or full-featured digital SLRs.

THE CANADIAN PRESS

The Lytro is a digital light-field camera that takes so-called "living pictures" that can be refocused after shooting. LYTRO

By the numbers

$400

The Lytro first went on sale in the U.S. about a year ago and was released in Canada last week, with an 8G version selling for about $400 and a 16G model going for $500.

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FIGHT FOR WHAT'S RIGHT — EVEN IF IT'S TRIANGULAR

HE SAYS...
John Mazerolle
metronews.ca

All this presidential debate talk has me thinking of the one time I took part in an organized debate, which dealt with the age-old question that has haunted humanity since it first crawled out of the muck: "Circles or triangles?"

That was the actual topic at a debate tournament at a private high school several years ago. I was a "celebrity" judge, because Justin Bieber was not available.

Going in circles

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented —about the nation's shape-related issues.

While youth are often accused of being apathetic about the important issues facing our world, that debate included a group of students who were concerned — nay, tormented — about the nation's shape-related issues.

It was inspiring.

Even debates as goofy as that one are heartening to me. Say what you will about U.S. debates and how they contain fewer actual facts than the back of a cereal box. It's still two or more people going toe-to-toe in a real back-and-forth with passion and knowledge and (some pieces sold separately) ideas.

We could use more of that.

Instead, we're taught that there are a bunch of places where it's not polite to argue (family picnics, Facebook feeds, funeral homes). And if you're in a bar or some other acceptable debate location, most arguments degenerate quickly into volume competitions. There's a guy in my local pub that can be counted on to bellow — scream, really — "THE LIBERALS ARE THE NATURAL GOVERNING PARTY OF THIS COUNTRY!!!" at least once a week.

Though, in fairness, sometimes there's no one else there. He was talking to empty chairs before Clint Eastwood made it cool.

With this sad state of affairs, everybody should learn the finer skills of debating.

Whether you one day dream of being a world leader, or if you just want to goof around in a meaningless Liberal leadership race, here are some tips to drive your points home.

- Presentation matters. In 1960, radio listeners thought Richard Nixon won his debate with John F. Kennedy. But in a historical twist not often mentioned, people watching on TV thought Kennedy won, because they could see that Nixon kept kicking his dog, Checkers.
- Respect your opponent, not their ideas. This is obvious in the political arena, but often forgotten in day-to-day life. Lots of people say, "You don't have to agree with me, but you have to respect my opinion," even if they were talking about how their magnetic bracelet reinvigorated their energy force field, or how much they miss Charlie Sheen in Two and a Half Men. Remember what Voltaire said: "I disapprove of what you say, but I will defend — wait, you like Two and a Half Men. BWAHAHA." I'm paraphrasing.
- Get your zingers in. It shouldn't be all about zingers, but sometimes a little sauce makes the meal more memorable. Compare: "Mr. Speaker, our subcommittee's research has shown the opposition's numbers to be skewed at best," to "Mr. Speaker, up your nose with a rubber hose." Check and mate.

Now that you have these helpful tips, get out there and argue. Do it for yourself! Do it for your generation! And, most importantly, do it for the triangle!

Because what's right is right.

Artist gets under their skin

GETTY IMAGES

Hirst's avenging angel

Pregnant women exposed in statue

Damien Hirst, the world's richest artist, unveiled his new work in Ilfracombe, England, on Wednesday.

Verity, a 19.8-metre bronze statue of a pregnant woman with her insides exposed, represents "truth and justice," he said. There have been more than 100 complaints from locals, while critics have labelled it a "dictator fantasy." METRO

The artist explains

"I know it's not for everyone, but I really hope that over time it will become accepted by the community and will benefit the town."

Damien Hirst, 47, British artist
Hirst lives part-time in Ilfracombe, where he owns a seafood restaurant. It is hoped the statue will increase tourist numbers for the town.

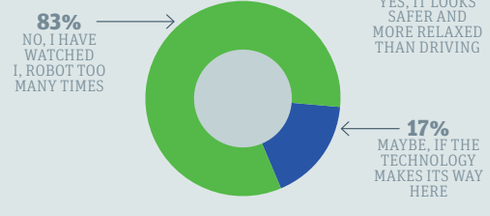
Hirst hits

- **The Physical Impossibility of Death in the Mind of Someone Living (1991).** A tiger shark in a glass tank of formaldehyde, nominated for Turner Prize.
- **For the Love of God (2007).** Skull encrusted with more than 8,000 flawless diamonds, with a sale price of $100 million US.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be jumping in a driverless car anytime soon?


83%
NO, I HAVE WATCHED I, ROBOT TOO MANY TIMES
0%
YES, IT LOOKS SAFER AND MORE RELAXED THAN DRIVING
17%
MAYBE, IF THE TECHNOLOGY MAKES ITS WAY HERE

Twitter

@TreyCharles:
dear @nhl and @nhlpa please be friends again, please?

@mhbadi:
That's Amanda Todd's story is so depressing and shows the black ugly side of the Internet. I think I am going to support some censorship.

@chantal_cocca:
This breaks my heart!! I am so sad to see this.. Why is this happening?! STOP the bullying! #RIPAmanda

@mor10:
#Vancouver, when a 15 year old girl takes her own life after years of bullying, we have a problem. Let's talk about it. #RIPAmanda-Todd

@chickenpasties:
To everyone mocking Amanda Todd's death, you all need to check yourselves.

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Art from the heart in Downtown Eastside

Heart of the City Festival. Canada's poorest postal code set for arts, music and culture fest

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Kutz and Dawgs will be among the offerings during this year's Heart of the City Festival beginning next week at 25 venues in the Downtown Eastside.
CHRIS RANDLE/HEART OF THE CITY FESTIVAL

If you enjoy music, stories, poetry, films, theatre, dance, spoken word, workshops, gallery exhibits, processions, mixed media, art talks, history talks/walks and more, please proceed straight to paragraph number four.

If you think the heart of the city is Robson Strasse, stop reading now.

If you're afraid of the Downtown Eastside, stop reading now.

The Heart of the City Festival is, of course, set in the Downtown Eastside. Why? Because it truly is the heart of this city.

Yes, it's been called Canada's poorest postal code, and yes, some of its rawer elements can be somewhat intimidating, but it's also an electric community that pulses with creative energy, one that's home to artists, galleries, and of course many, many people who flat out refuse to use crosswalks.

The ninth annual installment of Heart of the City begins next week and includes twelve days of artistic diversity featuring more than 80 events at 25 venues around the neighbourhood.

This year's theme is Voices from the Heart and the festival reflects the essence of the community, its residents and history.

The Heart of the City Festival kicks off Oct. 24 and runs until Nov. 4. More info at HeartoftheCityFestival.com.

Are you looking for a bawdy romp? Some romantic tomfoolery and mistaken identities?
Perhaps you should check out the Arts Club production She Stoops to Conquer, Oliver Goldsmith's classic comedy about a man, his blind date and a practical joke about a faux luxury inn. It starts tonight and runs until Nov. 18 at the Stanley Industrial Alliance Stage. More info at ArtsClub.com.

And you may ask yourself, why did I wait so long to buy tickets?
Former Talking Heads frontman and American multi-instrumentalist team up (in support of collaborative album, Love This Giant) for An Evening with David Byrne and St. Vincent, Saturday night at the Centre in Vancouver for the Performing Arts. Tickets $39.50 to $79.50 at LiveNation.com.

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Cronin creates whole new fictional worlds

New book. The Twelve follows up on the hugely successful The Passage with new characters

DOROTHY ROBINSON
Metro World News

The way author Justin Cronin sees it, we have four main types of boogeymen.

"They come down to werewolves, monsters, zombies and vampires. They are the big four," says the engaging author from his home in Texas, where he is a distinguished faculty fellow at Rice University. "Of the four of them, the vampire story is the one with the best stuff."

So much stuff that Cronin was able to develop a highly regarded — not to mention highly profitable — trilogy based on the mythological beings.

The series began in 2010 with The Passage, a 784-page best-seller, and continues on this month with the publication of his massive follow-up, The Twelve.

In Cronin's futuristic dystopia, his vampires are known as virals: vicious, almost unstoppable monsters created by a government experiment gone horribly wrong who almost end all of humanity. In The Passage and now The Twelve, Cronin delves into two worlds: The time when the vampire plague was unleashed upon society and a hundred years into the future. His cast of characters numbers into the hundreds. Locations not only span coasts but decades and lifetimes. His word count is epic.

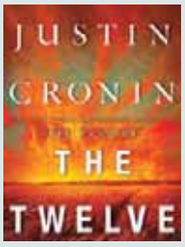
How does he keep it all straight?

"That was something I had to learn how to do," he says. "When I was writing the first book, I discovered my brain can naturally hold up to 800 pages of manuscript; at page 801, the top of my head flies off and I can't remember how to use the coffee maker. I had to grow a couple hat sizes to be able to do this."

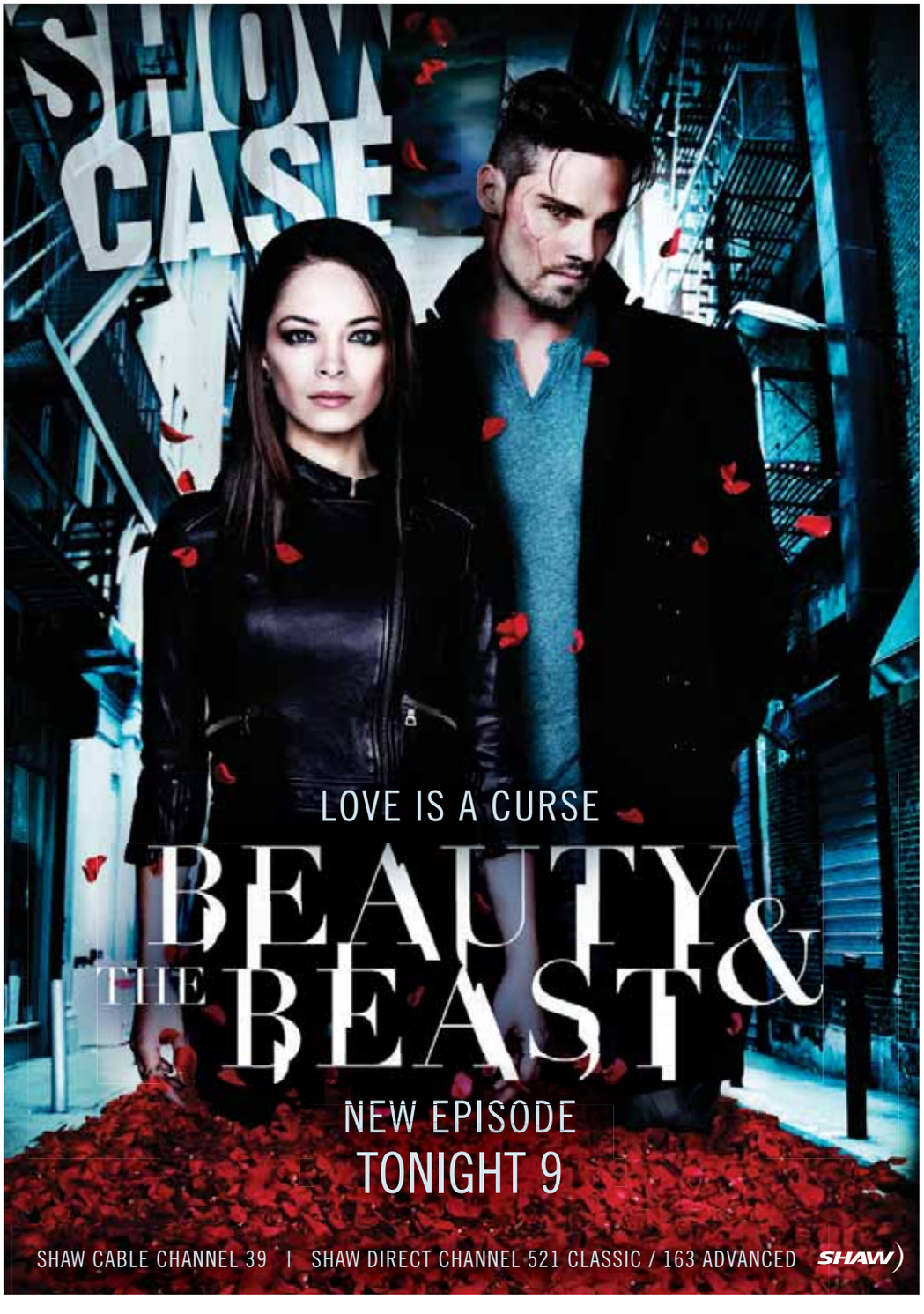
Virals

The addition of the virals make the series into a horror thriller, but for Cronin the beasts are a way to get to the real meat of his tale: How does the human race survive when civilization ends? Cronin was a child of the Cold War, a time that continues to inform his writing

- **Quote.** "I use the vampire story as a way to get to a post-apocalyptic story," Cronin says. "I really believed as a kid we'd all get incinerated; at that time it really looked like things would end."



Justin Cronin is releasing a new book called The Twelve. JULIE SOEFER



Halle Berry

Halle Berry loves her 'Louie Lightfoot'

Halle Berry is opening up about how she first fell for fiancé Olivier Martinez. "When I first met Olivier, there wasn't the initial 'I'm in love!' It was something that grew more gradually — and it feels more real because of that," she tells In Style magazine. "He's silly, a clown, and very much the life of the party, which is good for someone like me. Danny Downer … been there, done that. Now I like Louie Lightfoot!"

Rupert Sanders

How Sanders got his groove back

Snow White and the Huntsman director Rupert Sanders — who made a name for himself by having an affair with star Kristen Stewart earlier this year — has reportedly booked his first directing gig since the scandal, according to Deadline. Sanders is set to take on the Juliet, based on a science-fiction short story by Alfred Bester. Sanders is also allegedly in talks to direct a Van Helsing reboot.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kate Gosselin gets no love from the coupon clippers

THE WORD
Dorothy Robinson
scene@metronews.ca

Kate Gosselin has had a hard time finding work since her TLC TV show Kate Plus 8 was cancelled. And now it looks like her one steady gig, being the world's most famous coupon blogger, has come to an end. Yes, earlier this week, Coupon Cabin's CEO Scott Kluth wrote a letter to his users telling them they let Gosselin go. "A series of recent events have made it clear to me that Kate Gosselin and her contributions do not align with the authenticity which we set out to build almost a decade ago, and that Ms. Gosselin is simply not a good fit with the wonderful team and culture at CouponCabin. It's with this that I am writing to inform you of our decision to discontinue Ms. Gosselin's feature blog on CouponCabin.com."

And did the claws ever come out in the literally hundreds of comments this post produced. Some of the finest: "I remember reading her blog and actually saying out loud, 'What does any of this information have to do with using coupons?'" Lynne M

"It is about time. There was not ONE GOOD COUPON tip she EVER contributed to this class site." Nancy Davis Kuziola

Lesson learned? Don't cross online couponers. They are a frisky, money-saving and very vocal bunch.

Home, separate homes for Twilight lovers

While Kristen Stewart and Robert Pattinson may have reunited, they may start off their reconciliation living apart. Stewart has reportedly purchased a $2.1 million house just a mile and a half from the Los Feliz home she shared with Pattinson prior to this summer's scandal over her infidelity, according to Hollyscoop. Stewart apparently bought the four-bedroom Spanish-style property in August, though, when the couple seemed to be on the outs, so maybe now that they're back together she won't be using it much.

Twitter

@andersoncooper
The hotel blanket that's there for decorative purposes creeps me out.

@msleamichele
Doing some major fall cleaning at my house right now! I love it! So excited to pull out the sweaters and boots! :)

@NiaVardalos
Dear sweet kind pretty woman who pointed out my laptop I'd left behind on a counter yesterday. Thank you.

@SteveMartinToGo
I'm actually quite funny today. It's my Twitter account that isn't.

Katy Perry

They're hot then they're cold: John and Katy on again?

On-again, off-again couple John Mayer and Katy Perry appear to be on again — or at least they did this week in New York, where Mayer celebrated his 35th birthday at a quiet dinner with friends and family, according to Us Weekly. Perry was by his side the entire night. "It was a very tame and civil," a source says. "They talked and laughed but nobody got crazy. Everyone looked like they were having fun. John seemed happy."

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Shopping the runway

From runway to retailer: While some trends only last the length of the catwalk, other creations will find their way to the shop floor. We chat to two buyers about what they think will be the biggest hits for spring / summer'13.

RICHARD PECKETT
richard.peckett@metro.lu

Simply monochrome

Always a favourite with fashion editors and for those of us who are after something timeless and recession-proof. In a sense, it's well-crafted simplicity, but that's not to say you're playing it safe with your look. Designers use the monochrome colour palette as a platform for a multitude of styles: long and loose at Celine, "deconstructed classicism" in designer Alber Elbaz's words at Lanvin (think tuxedos, kimono styles and square-shaped pieces), with ruffles and provocative slits and cuts at Balenciaga.

Glamour girls

"Sequins and intricate beading wove their way onto the most glamorous of dresses and gowns at Alexander McQueen and Valentino, while embellishments glittered in creations from the likes of Oscar de la Renta and Chanel," Head of Womenswear Emma David told Metro. Ornamentation always gets the red carpet flashbulbs popping and that's something the high street loves to recreate with glitzy evening wear looks.

Sixties redux

"There was a big sixties retro influence across this summer's trends — both for abstract, minimalist styles across collarless jackets, pencil skirts and dresses appear in matching stripes and checks," says ASOS's Buying Director Emma Fox. Where Tom Ford went for a style à la raunchy sex kitten with a nod to Barbarella, Gucci explored vibrant tunics and trousers, while Moschino's designer Rossella Jardini referenced style icon Audrey Hepburn (pictured) with cutesy dresses and shrunken proportions.

Sheer style

Play peek-a-boo come summer with the cheeky, diaphanous trend. ASOS's Emma Fox reckons it'll be a big trend for the online retailer after it arrived on an array of catwalks. Haider Ackermann (pictured) notably showed a billowing bespectacled polka-dot slip dress, chic and sheer at Topshop Unique and sexily sassy at Nina Ricci. It's a teasing, seductively sophisticated look without being out and out slutty. If past seasons are anything to go by, this revealing trend is likely to be one of the biggest sellers.

Flower power

If fashion had seasonal style commandments, florals would be one of the most sacred. It's a fashion institution and this season was no different, with pop art daisies at Prada to floral print forties tea dresses and "this season's wallpaper blooms mixed with clashing patterns at Christian Dior, Erdem (pictured) and 3.1 Phillip Lim, is sure to be embraced," Helen David, Harrods' womenswear general merchandise manager, told Metro.

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Grey days with sunshine ahead

Decor report. The season's most welcomed colour combination is neutral grey and warm yellow

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's not news that grey has become this year's most-loved neutral in home decor.

The cool tone has been teamed with all the fashionable colours including espresso brown, orange, pink and now yellow.

The combination of grey and yellow offer decorators the best of both world's: the cool relaxing tones of grey and the warmth of a cherry yellow.

This way, we can decorate with a sophisticated look without a room feeling too depressing, especially during the long winter months.

Tips for decorating with yellow and grey

- If painting your walls grey, choose a tone (that's the light and dark aspect of colour) lighter than the tone of your flooring. If painting with yellow, always choose a brown- or green-based yellow for a more neutral effect.
- Remember the 30/70 colour mix rule: Choose 30 per cent yellow items and 70 per cent grey for a room. Never have equal amounts of colour (50/50) in a room.
- Grey will hang around the decor scene for a long time, whereas yellow is a two-year trend.

Keep in mind yellow is psychologically the most irritant colour of all. It's the first colour our eye is attracted to and also the first colour our eyes tire of.

Use it judiciously as an accent when decorating your space.

Donegal Chair, $1,600

Just a touch of bright yellow helps brighten a mid century modern style chair. CrateAndBarrel.com.

D-Constructed Throw, $149

Warm up with this seasons most welcomed colour combination of graphite and celadon. CB2.com.

Majestic, $60/roll

Modernize traditional wallpaper with a cool and warm colour mix of gold and grey. GrahamBrown.ca.

Myro Plate, $16

Mixing warm and cool tones on the table. CrateAndBarrel.com.

Peeled Lace Pendant, $700

Artful hanging lights create a warm glow with amber and grey glass. Anthropologie.com.

Canning is inherently green — now make sure it's safe

Can I buy BPA-free canning lids?
-Brenda of Halifax

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

The short answer is that, yes, BPA-free canning lids are available. And I'll tell you who makes them.

The long answer, however, is that although BPA-free canning lids are easy to find, they may not be the answer to your toxin-free food-preservation efforts.

A popular BPA-free option is the Tattler Reusable Canning Lid. It's made from polyoxymethylene copolymer (POM), which is a fancy way of saying that it's a BPA-free plastic. Yup, plastic! And it's not without its own cause for concern. This rigid compound has trioxane as a key compound — in other words, formaldehyde.

The jury is still out on the relative safety of ingesting trace amounts of formaldehyde.

Fans of the BPA-free lids point out that formaldehyde isn't released from polyoxymethylene until temperatures reach 250 C (482 F), well above the processing temperature for canning. Critics note that other factors — like acidity — can affect the release of formaldehyde from plastic.

So what's a concerned canner to do? First, let's be clear — my hat is off to all home canners. No matter how you look at it, putting up local food in re-usable glass jars to be eaten all season is inherently green. And choosing to eat from glass jars, instead of BPA-laden cans, can only be good for your health.

Now for the nitty-gritty best practices. I vote for buying traditional glass lids from thrift stores and markets whenever possible.

Barring that, consider using the boiling water bath (BWB) method instead of pressure canning. If adequate space is left in the jar, proper BWB canning doesn't require the food to touch the lid. Finally, you may want to try preserving some foods using other methods, like freezing and dehydration.

Happy canning!

The best practice would be buying glass lids from thrift stores and markets. ISTOCK IMAGES

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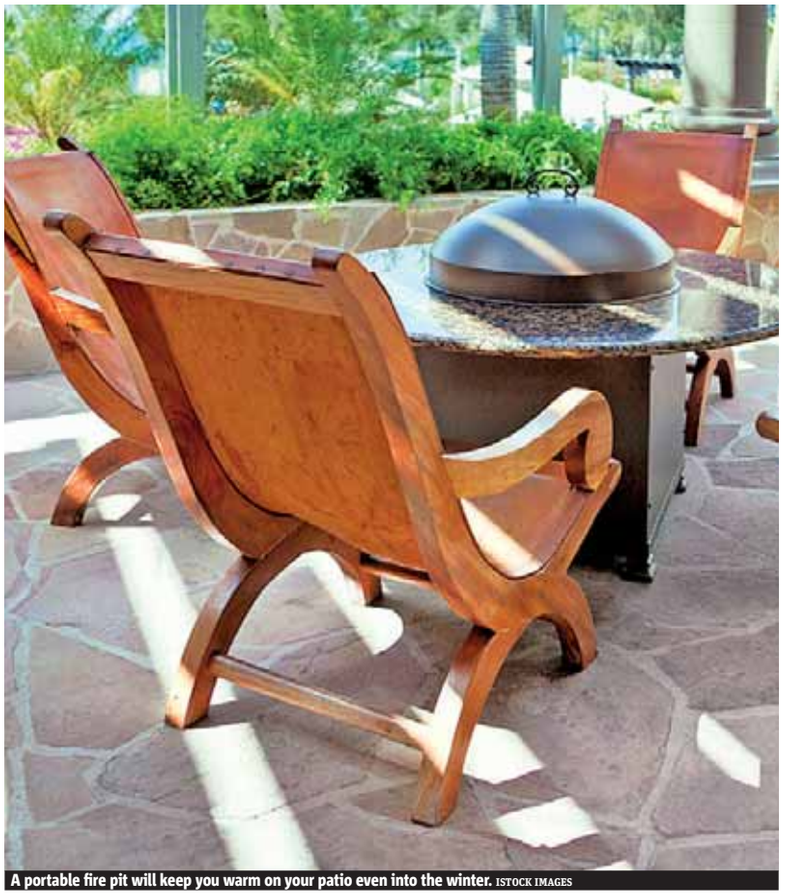

A portable fire pit will keep you warm on your patio even into the winter. ISTOCK IMAGES

Fall doesn't mean last call on your patio

DIY ideas. Add a few products to your deck to enjoy it even when the temperature dips

The weather may be cooler, but that doesn't mean you have to run inside.

These clever products will help you keep your patio or deck warm and cosy into the cooler months so you can enjoy your outdoor time even longer.

I Want That supplies more ideas like these as it takes a fast-paced tour through the latest and greatest building products and profiles all of the 'must-haves' for every home.

Warm Up

A portable fire pit can be the greatest thing to add to your outdoor space in the fall.

Make sure you find one that guarantees no rust, as well as a protective shield to ensure it keeps everyone safe.

On a smaller scale, fire bowls are a handy product to have. They usually have a mesh cover for safety, ensuring everyone stays safe and warm. You can also invest in a tall propane heater to stay on the patio right into the winter. These products can provide a 10 to 12 foot diameter of warmth, and most have a table that fits on the bottom for additional use.

Add Some Light

With cooler weather comes shorter days, so make sure you keep your outdoor space lit properly to enjoy the evenings.

Light-up flower pots are a fun way to provide a warm, ambient glow from planters that use low-watt LED lighting. These can be used in clever ways throughout your outdoor space to highlight various areas of your yard and home. Similarly, globe lights are a great way to add some personality and charm to your patio.

These frosted hanging lights can be used to dress up your space for a party, or just to add light on a chilly night.

Entertain

It may be cooler, but you can still entertain outside.

Consider outdoor speakers that will deliver crisp audio while being compatible with electronic devices so it's easy to transfer music.

You can always add more to amplify the sound further. A serving cart is a great way to treat guests on a patio, bringing them warm hot chocolate or mulled wine to ensure they stay cosy.

Get The Gadgets

Have fun with the outdoors this season! Look for a super blower — a handy product that combines a leaf blower, vacuum and mulching tool into one.

This will make clean-up of your outdoor space a breeze during this leafy season. A digital wall temperature clock is another great gadget.

This will automatically set the date and time — and update it during daylight savings. It tells you the temperature both inside and outside so you know when it's finally time to move indoors.

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INTRACORP

Reno time? First things first

In his new series, Holmes Makes It Right, Mike Holmes takes on massive projects and tackles unexpected obstacles as he rescues families and communities from problems they never saw coming. With his motto, 'do it right the first time', the Canadian celebrity contractor gives the top 5 things you should consider before starting a renovation.

1

If your house was built before 1980 have it tested for asbestos.

You should check the tile, plaster and attic. Why? Don't you want to know if your house is safe for your family?

Also, it's important to properly remove contaminated items. It must be done by a licensed or qualified professional.

2

Educate yourself about products. Find out what is truly environmentally friendly, and what is just labelled "green."

3

Spend your money right the first time.

Some products just cost more, but in the long run it's worth it.

Watch where you cut corners. For example, use products like Walltite Eco, Bluwood, Pinkwood and Mould Resistant Drywall.

4

Make sure you fix the outside of your house first. For example, check out the roof, the exterior, the foundation and the grading.

Why put so much money into the inside if you can't protect it from the outside?

5

Find the right contractor before you start the job. It's hard work and may take you a bit of time but in the end it will be worth it.

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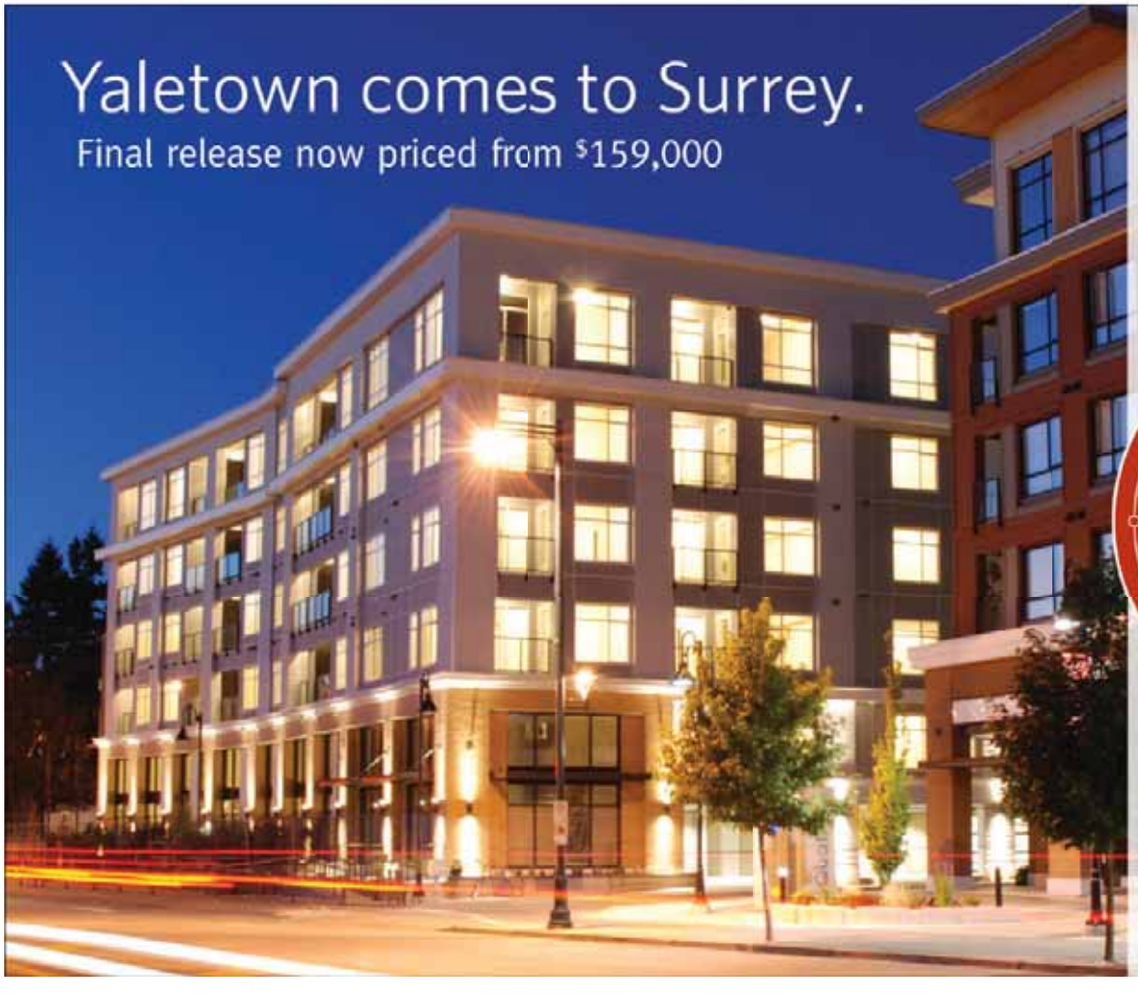

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Venture into the enchanting, tasty and vibrant land of Burmese cuisine

"This simple way to use leftover rice is great for breakfast," writes Naomi Duguid. "Top it with a fried or poached egg or some cooked chickpeas. Or serve instead of plain rice to accompany a meal.

"After getting up in the dawn hours to photograph markets, I've often found find myself looking forward to some version of the rice, peas, and fried egg combo around eight thirty. At home in Toronto, I top the rice with fresh coriander leaves or tender greens and a fried egg, and drizzle on one of the condiment sauces to give it a kick."

Ingredients

- 2 to 3 tbsp peanut oil
- 1/4 tsp turmeric
- Generous 1/2 cup sliced shallots
- 4 to 5 cups chilled cooked jasmine rice
- 1 tsp salt
- 1 cup green peas (optional)
- 2 tbsp Fried Shallots
- Lime wedges (optional)

1. Place a wok or a heavy, deep skillet over medium-high heat and add the oil, then add the turmeric and shallots and stir-fry until the shallots are tender and translucent, about 5 minutes.

2. Raise the heat to high and use wet hands to break up any clumps as you add the rice to the pan. Add the salt and peas, if using, and stir-fry, pressing the rice against the sides of the pan to sear it. Continue cooking until the rice is hot (the peas should be cooked by then), add the fried shallots, stir-fry briefly, and transfer to a serving bowl. Serve with lime wedges on the side if you wish.

Fried Rice with Shallots

This recipe serves three or four. RICHARD JUNG

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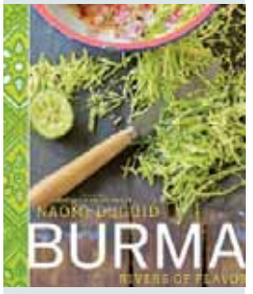
Cookbook of the Week

Introducing the flavours of Burma



Located at the crossroads between China, India and South Asia, Burma's cuisine combines Chinese noodle dishes, the curries of India and Thailand and salads.

Guiding you through the Burmese kitchen is award-winning author Naomi Duguid in her book Burma: Rivers of Flavor.

With simple recipes for food that manages to be elegant and earthy at the same time, plus stories of a place and a people that inspired Somerset Maugham and George Orwell, this is a culinary journey worth taking. The book also features photographs, travel tips and more. METRO

Burma spices. Easy-Grilled Chicken

"In Burma, chicken is most often served as a curry rather than grilled. But traditional Burmese flavorings make a great marinade for grilled chicken, and the result is delectable," writes Naomi Dugid in Burma.

"Allow an hour for it to marinate."

1. Rinse off the chicken and pat dry; set aside in a bowl.

2. Combine the salt, turmeric, chile powder, garlic, and ginger in a mortar or a bowl and pound with a pestle or mash with the back of a spoon to blend together. Stir in the fish sauce.

3. Add the marinade to the chicken pieces and rub it in well with your hands. Set aside to marinate for 30 minutes.

4. Preheat a charcoal or gas grill to medium heat.

5. Grill the chicken, turning the pieces frequently to expose all sides to the heat and prevent scorching, until cooked to the bone, about 20 minutes.

Ingredients

- 2 1/2 to 3 lbs chicken legs or breasts chopped into small pieces
- 1/2 tsp salt
- 1/4 tsp turmeric
- 1/2 tsp cayenne (chile powder)
- About 1 tbsp minced garlic
- 1 tbsp minced ginger
- 2 tbsp fish sauce

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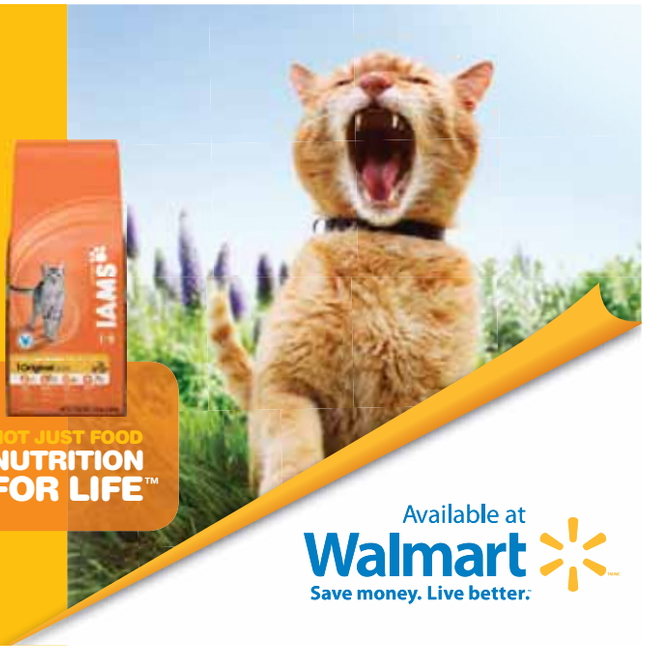

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BREW UP A PLAN FOR EXPANSION

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Patrick Marquis recently opened his fourth Tim Hortons restaurant, making him one of the company's most successful franchisees in Quebec. He attributes his success to a strong brand, a capable team, a supportive bank and a little bit of luck.

"I came on board at the perfect time," he says. "In the early 2000s, Tim Hortons was just starting to gain in popularity in Quebec. I became a franchisee in 2004 and the business has just continued to grow."

Marquis knows well the power of a strong brand: For 15 years, he worked in the corporate offices of MacDonald's. Although his career was going well, he yearned to operate his own business and recognized Tim Hortons' potential in Quebec.

"The business models of the two companies have much in common," Marquis says. "Both focus on consistency in the customer experience and in the quality of food. It's a proven formula."

Marquis appreciated Tim Hortons' turnkey approach to franchising. Once a franchisee signs an agreement, the corporation helps get the new restaurant up and running to its rigorous standards.

The Tim Hortons juggernaut is familiar to most Canadians. From its humble beginnings in Hamilton, Ont., in 1964, the chain has gone on to open more than 4,000 restaurants across Canada and the United States. Total annual sales fell just shy of $3 billion in 2011 and continue to increase. Initially, the chain focused its growth on markets in Ontario and the Maritimes. The number of restaurants in Quebec has doubled in the last 10 years, however, and it opened its 500th restaurant in the province earlier this year.

When Marquis decided to expand to four from two restaurants, he turned to his bank for help. He was disappointed in the quality of service he received, though, and decided to shop around. He quickly settled on Scotiabank.

"I've been extremely satisfied with Scotiabank," he says. "They not only gave the best interest rate, but also provided me with a variety of advice and support."

Marquis now owns three restaurants on Quebec City's south shore and one in the historic old quarter, and is considering further expansion.

PROS AND CONS FOR FRANCHISEES

PROS: Associating with a known brand lowers risk significantly; head office usually pays for advertising, some aspects of customer service (e.g., call centre), and research and development of new products and services.
CONS: Up-front costs can be high; little independence — product and service offering is fixed, and franchisee typically must use corporate suppliers.

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SPORTS 4

Charity game. 'Bieksa's Buddies' put on a show

A classic it was not.

But everyone involved had a good time Wednesday night at the "Bieksa's Buddies" charity game, which featured a team of the same name — locked out Vancouver Canucks, other NHLers and assorted guests — taking on the host UBC Thunderbirds.

A sellout crowd of more than 5,000 came to get their hockey fix in a contest that ended 8-7 in favour of Bieksa's team.

Michael Bublé, served as a coach and also matched the $100,000 raised with another $100,000 from his own pocket, with proceeds going to three charities. THE CANADIAN PRESS

Kevin Bieksa on Tuesday. THE CANADIAN PRESS

NHL. Negotiations reach make-or-break stage

As the NHL's labour dispute went on display for public viewing, it underscored the importance of the next week in negotiations.

The league's latest collective bargaining offer to the NHL Players' Association — surprisingly released in full by the NHL on Wednesday — came with an attached warning about the consequences of failing to reach an agreement by Oct. 25.

In a document delivered to the union along with Tuesday's 10-point proposal, the NHL indicated it couldn't "responsibly" offer more than the 50-50 split of revenues and other items it was tabling. It also sought to add urgency to the talks.

Donald Fehr, the NHLPA's executive director, spent Wednesday examining the proposal along with union staff and was expected to deliver a counter-offer when the sides resume talks on Thursday.

"Delay (beyond Oct. 25) will necessarily leave us with an abbreviated season and will require the cancellation of signature NHL events," the document read. THE CANADIAN PRESS

Cards rein in Giants in soggy St. Louis

NLCS. Substitute Carpenter has big hit as Cardinals beat Giants to take 2-1 series lead

Game 3

3	1
Cardinals	Giants

Carlos Beltran limped to the trainer's room, taking the St. Louis Cardinals' biggest clutch October bat with him.

Turns out they had the perfect substitute.

Matt Carpenter hit a two-run homer after subbing for Beltran and the Cardinals chased Matt Cain before a 3 1/2-hour rain delay in the seventh inning of a 3-1 victory over the San Francisco Giants on Wednesday night for a 2-1 NL championship series lead.

Beltran strained his left knee running out a double-play ball in the first inning. The Cardinals said he was day to day.

Kyle Lohse worked around a season-worst five walks in 5 2/3 innings. Mitchell Boggs struck out Hunter Pence and Brandon Belt with two on to end the seventh. Jason Motte earned the first two-inning save of his career to reward what remained of a sellout crowd of 45,850 — perhaps a third — that stuck around for a game that lasted 3 hours 2 minutes, about a half-hour shorter than the delay.

"They said if we didn't score, I was going to go out there. I was in the clubhouse running around; I've never really had to sit around like that," Motte said. "It was probably the most nervous I've ever been."

Cain lost for the second time this post-season, giving up three runs on five hits in 6 1/3 innings. The Giants, who entered the game batting just .217 in the post-season, were 0 for seven with runners in scoring position. THE ASSOCIATED PRESS

St. Louis Cardinal Matt Carpenter is congratulated by teammates in the dugout after hitting a two-run home run against the San Francisco Giants on Wednesday in St. Louis. CHRIS LEE/ ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

Cycling

Armstrong through with Livestrong, Nike

Already an outcast in cycling after a massive doping report, Lance Armstrong absorbed hits much closer to home Wednesday: To his wallet and his heart.

Armstrong was dumped by Nike, Anheuser-Busch and other sponsors, and he gave up the top spot at Livestrong, his beloved cancer-fighting charity, a week after the U.S. Anti-Doping Agency released evidence of drug use by the seven-time Tour de France winner.

Armstrong stepped down as chairman of Livestrong in an attempt to minimize the damage caused by the USADA's report. USADA banned Armstrong from the sport for life and has ordered that his Tour titles be stripped, which could come before the end of the month. THE ASSOCIATED PRESS

CFL

Mitchell in hot water over tweet

Lions defensive lineman Khalif Mitchell was fined an undisclosed amount by the CFL on Wednesday for posting a message containing a racial slur on his Twitter account.

While tweeting about Tuesday's U.S. presidential debate, Mitchell posted a message with a term that is derogatory towards Chinese people.

He later apologized for using the word, saying he didn't know it was offensive. The 27-year-old was due to return from injury for Friday's game against Edmonton after missing the last three weeks, but the team says Mitchell will now not suit up. THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Something apparently random will happen today but if you look a little closer and dig a little deeper, you will find there is a reason for it. Could it be someone is trying to disrupt your plans? Yes it could.

♉ Taurus
April 21 - May 21
Try not to make too big a deal of your differences with neighbours and work colleagues. The more you focus on negative things, the more power you give them. Remember: Laughter is usually the best healer.

♊ Gemini
May 22 - June 21
Promise yourself now that no matter what happens over the next 24 hours, you will not overreact. Take life as it comes and make the best of whatever situation you happen to find yourself in. No, the world isn't ending.

♋ Cancer
June 22 - July 23
You are finding it hard to cope with changes that are not of your making. The good news is that someone you meet today will cheer you up and brighten your outlook considerably. Stop worrying about little things.

♌ Leo
July 24 - Aug. 23
What at first looks like a setback will later reveal itself to be good fortune in disguise. Little things may go wrong in the short term, but over the longer haul they usually come right for you. Life's like that.

♍ Virgo
Aug. 24 - Sept. 23
No one is perfect, least of all you. The mistake you are making is that you want to live up to standards that are too high to maintain for more than a few minutes, even for a Virgo. You're only human.

♎ Libra
Sept. 24 - Oct. 23
Don't make too many plans over the next few days because you will most likely have to change them when the Sun leaves your sign on the 23rd. The best plan is no plan at all. Take each moment as it comes.

♏ Scorpio
Oct. 24 - Nov. 22
You may feel a bit insecure but the good news is this phase will pass — and soon. In a matter of days, you will realize you had nothing to worry about. Life is good and getting better by the minute.

♐ Sagittarius
Nov. 23 - Dec. 21
For some reason, you don't want others to know what you have been up to. Was it really that bad? Don't be too secretive though or you may arouse the curiosity of rivals as well as friends — and that's dangerous.

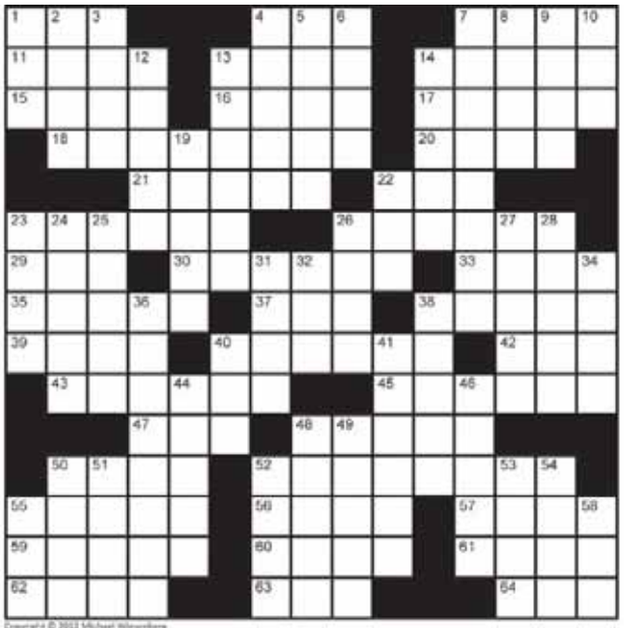
♑ Capricorn
Dec. 22 - Jan. 20
You will come into some interesting information today, the kind of information that you may be able to use to make yourself look good. But you must not use it to make someone else look bad — that's not nice.

♒ Aquarius
Jan. 21 - Feb. 19
You have nothing to prove. No, really, nothing at all. Both at home and at work, the people who count know what you can do and know that you will never let them down. That's not the Aquarian way.

♓ Pisces
Feb. 20 - March 20
Use your good-natured charm to convince a friend or colleague that they really should change their ways for the better. You don't have to come over all moralistic about it but you do need to highlight their errors. **SALLY BROMPTON**

Start With a Motoring Group

BY MICHAEL WIESENBERG



Across
1. Canadian map dispensers: initialism
4. ___ la la
7. Pit at a rock concert
11. A/C capacity measures
13. Like most colleges
14. Christmas visitor
15. Pepsi or Coke
16. Scots Gaelic
17. Fields of learning
18. Alberta's second-largest city
20. Clenched hand
21. Chose to join, with "in"
22. Bring home after expenses
23. Middle Eastern market
26. Harper group
29. Pub favorite
30. PM Pearson
33. Cat's call
35. Bums
37. Fib
38. Earth or land: Fr.
39. Breaking waves
40. Northern Canada land feature
42. "A girl" or "a boy" preceder
43. More moronic
45. ___ *Goes to Camp:* 1987 Jim Varney comedy
47. Gay Nineties or Roaring Twenties
48. Mr. ____: nearsighted cartoon character with Jim Backus's voice
50. Baseball team
52. Ontario neighbour
55. Lack of fighting
56. One of many on a computer desktop
57. William Lyon Mackenzie ___: 10th PM
59. Eggs on
60. "Told you I could do it!"
61. "Fifth Avenue" store
62. Audience's expressions of disapproval
63. Foot digit
64. Occupied a chair

Down
1. *This Hour Has 22 Minutes* network
2. Dip ___ in the water: test bath temperature (2 wds.)
3. "We'll take a cup of kindness yet for ___ lang syne"
4. Cake often made with ground nuts
5. Do a lawn job
6. Mideast Gulf
7. ___ Provinces: they're on the Atlantic
8. Individual units
9. Baseball figure, for short
10. Owns
12. American ___: Pacific Ocean territory
13. Midpoint
14. Toronto-born *60 Minutes* regular Morley
19. October birthstones
22. And not
23. Comments often uttered by Ebenezer Scrooge
24. Audible
25. Striped equine
26. Started a golf hole, with "off"
27. Like many a Stephen King novel
28. Alphabetizes, for example
31. Aspersion
32. *Cat on a Hot ___ Roof*
34. AB's and BC's place in Canada, directionally
36. Transgressions
38. Fortune teller's 22-card deck
40. Black or green drink
41. Provincial capital whose name means "queen"
44. Forest constituents
46. Breakfast spots
48. Chinese gambling mecca west of Hong Kong
49. Negative end of a battery
50. Rome's fiddling emperor
51. Othello's betrayer
52. Catcher's glove
53. Slant
54. Ottawa-born singer of Lonely Boy
55. Tavern
58. Canada's national levy, for short

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		7				3	2	
6	8						4	
			9		5	1		
		8			1	9		5
			4		3			
3		6	8			4		
		2	6		7			
	1						9	4
	6	5				7		

Yesterday's Sudoku

1	9	3	5	2	4	7	6	8
8	4	6	9	1	7	3	2	5
5	2	7	3	6	8	9	1	4
9	3	5	2	7	6	4	8	1
2	1	8	4	9	5	6	3	7
7	6	4	8	3	1	2	5	9
3	5	1	6	4	9	8	7	2
4	7	2	1	8	3	5	9	6
6	8	9	7	5	2	1	4	3

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5 6 7

8 9 10

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